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Guilt-free
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p23



Almond-crusted Fries

p78



Sensational Sushi

p70



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p60



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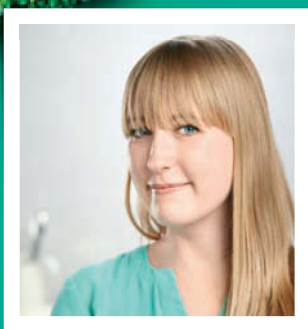
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Welcome to COOK VEGETARIAN



Isn't this a magical time of year? From the mysterious floral aroma in the air to the change of birdsong, the guarantee of warmer weather ahead is finally upon us.

And with that promise comes one of the most exciting times in the foodie calendar – the arrival of the spring produce! Delicacies such as British

asparagus and Jersey Royal potatoes will soon fill our supermarket shelves (and then our bellies) as we shake off the heavy comfort food of the winter months.

So, this issue we celebrate this special season with plenty of mouth-watering inspiration. Valentine Warner's on board to show us how to make the most of this exciting new bounty (his description of rhubarb is rib-tickling – check it out on p29), rising star Natasha Corrett gives us her recipes that'll help you spring clean your plate on p23, while we've collated an Easter Sunday menu that's ready in under an hour to help you make the most of the bank holiday weekend (p32).

Elsewhere, we chat to Rachel Khoo who shows us how to make a cauliflower cheeseburger (it's incredible – do try it) starting on p14, and we investigate one of the hottest foodie trends for 2015 – fermenting – from p78-81. It's the perfect long weekend project (start saving your jars now!).

Meanwhile, comedian Lucy Porter rounds off the issue with a confession regarding sugar. We wouldn't know what she means – we certainly didn't eat all of the Easter eggs on p37 in one go...

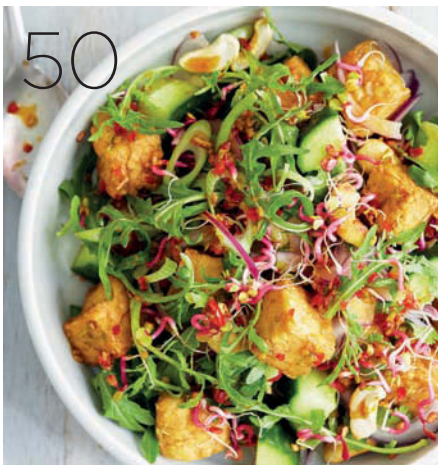
However you plan to make the most of the time off and exciting new produce, make it delicious.

Happy Easter!

Fae x

EMAIL: FAE@COOKVEG.CO.UK

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FREEZES WELL



QUICK MAKE



COST CUTTING



ECO FRIENDLY



VEGAN FRIENDLY



GLUTEN FREE



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Calorie and fat analysis provided by Nutracek.co.uk, the UK's largest online calorie counter, (over 100,000 foods). Download the App - search for 'Nutracek' in the App Store or Play Store.

DIGITAL EDITIONS ARE AVAILABLE FROM:



WIN KITCHEN GADGETS & MORE!!

We've got seven Tefal Fruit Blenders, planter kits, luxury chopping boards and an OXO baking bundle to give away (p92). Or, write in to win a brand new range from Beloved (p12).

April's Recipes

All of the full-length recipes in this issue of *Cook Vegetarian* are listed here, but remember – there are lots more tips & recipe ideas throughout!



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Kitchen notebook

Discover what's been whetting our appetite this month!

5 WAYS WITH... *Tenderstem*

1. TENDERSTEM IN CHEESE

Boil 250g Tenderstem for 5-7 minutes and drain. Make 250ml cheese sauce. Add 1 tsp mustard and 1 tsp Henderson's Relish. Place the Tenderstem in a roasting dish and pour over the sauce. Top with breadcrumbs and grill.

2. TENDERSTEM TEMPURA

Mix together 100g corn flour, 100g plain flour and 10g baking powder. Stir in enough chilled sparkling water to make a batter that will coat the vegetables. Half fill a large saucepan with vegetable oil and heat. Then coat your Tenderstem in the batter and fry in batches.

3. TENDERSTEM TART

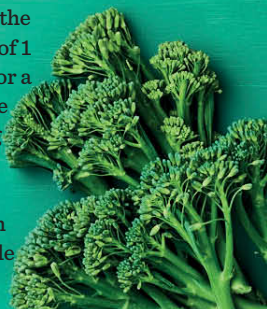
Preheat the oven to 200C/400F/Gas 6 and blanch 200g Tenderstem in boiling water. Drain. Roll out a sheet of puff pastry and arrange your Tenderstem on top along with 12 halved cherry tomatoes. Dot with veggie brie then bake in the oven for 10 minutes.

4. TENDERSTEM WITH CHILLI & SESAME SEEDS

Blanch 400g Tenderstem in boiling water for a minute. Fry 2 sliced garlic cloves and 1 red deseeded sliced chilli for one minute before adding the Tenderstem. Stir-fry for five minutes then add 1 tbsp tamari and 1 tbsp toasted sesame seeds.

5. TENDERSTEM PASTA

Gently fry 1 crushed garlic clove in olive oil for one minute before adding the zest and juice of 1 lemon. Cook for a further minute before serving over pasta, Tenderstem and vegetarian Parmesan-style cheese.



BRIGHTEN UP

Nigella refers to her kitchen as her 'pleasure palace', and it's definitely the room most of us spend our time in. That's why the ambience is key – you want your space to feel cosy yet functional. A simple way to create this easy-going charm is with these fresh spring-like colours found at T&G Woodware's homewares collection. To find your local stockist, visit www.tg-woodware.co.uk



Master class

No matter how accomplished you think you are as a vegetarian cook, the real joy of creating in the kitchen is that there's always something new to learn. You can broaden your skill set this month with cookery school Cordon Vert's one-day class on 23 April, which will be focusing on classic British dishes – all vegetarian, of course!

TO FIND OUT MORE, VISIT
WWW.CORDONVERT.CO.UK

COOKBOOK OF THE MONTH

From everyday to gourmet, this collection of recipes is here to inspire



Regardless of your motivations for adopting a vegan diet, the last thing you'll want to feel is either you're missing out, or that you're just re-creating the same dishes over and over. Help is at

hand with *Easy Vegan*, by Sue Quinn (£14.99, Murdoch Books), which is packed full of 140 recipe ideas including Roasted Tofu with Indian Spices, Vegan Shepherd's Pie and Vegetable Crumble, as well as how to make your own basics like seed milk, soya yoghurt and no-egg mayo.

What's in store...

GORGEOUS BITES FOR A SPECIAL SPRING

1 Sticky spreads

The nut butters from Pip & Nut are glorious in their simplicity – with ingredients such as Peanut, Almond or Coconut and Almond and a sprinkling of sea salt. Try swirling in smoothies, on crackers, or with some sweet chilli for a delicious noodle sauce. Visit www.pipandnut.co.uk



2 We love pie!

Dress a green salad and tuck into this deliciously light pie from Pieminister, £3.50. The seeded crust and mouth-watering combination of feta, butternut squash and sun-dried tomatoes makes this veggie pie a perfect springtime lunch. Available from Ocado



3 Easter treat

This Easter Egg Cookie Baking Mix, £9.95, makes a great gift for Easter. It uses quality ingredients and comes with a Rabbit Cookie cutter. All you do is wet the ingredients to make 8-12 biscuits. For more information, visit www.cuckooland.com



PINEAPPLE CUPCAKES



Makes 12

Ready in 30 mins

- 100g soft spread, suitable for baking
- 100g caster sugar
- 100g self-raising flour
- 2 medium free-range eggs
- 50g pack Whitworths pineapple, chopped

For the icing

- 150g icing sugar
- cold water
- 20g Whitworths pineapple, chopped

- Preheat the oven to 190C/375F/Gas 5. Put 12 paper cup cake cases into a 12 hole bun tin.
- Put spread, sugar, flour and eggs into a bowl and mix well with an electric hand whisk for one minute. Stir in the chopped pineapple.
- Spoon into the paper cases and bake in the oven for 15 minutes until well risen and golden brown. Leave to cool.
- Mix the icing sugar with enough water to make a thick icing and spread on top of the cakes. Decorate with the remaining pineapple.

FRESH AND JUICY

ESCHEW THE SAUVIGNON WITH THIS SELECTION OF POSH SOFT DRINKS



Rose and bubbles

The Luscombe Damascene Rose Bubbly, £2.75, has a delicate hint of rose, perfect if you want the elegance of Champagne without the sore head.



Fresh greens

Cawston Press Sweet Greens, £2.99, tastes like a sweet salad in a glass! The apple and pear bring a fruity balance to the mint, lettuce and cucumber that's just beautiful chilled on a spring day.



Exotic pairing

This thirst-quenching Belvoir Coconut and Lime Presse, £1.82, fuses fresh coconut water with the tangy zest of lime juice. Serve chilled with a spring of mint... and vodka or gin, if you have to!

HOW TO USE UP... LEFTOVER APPLES

Stew 'em

Pair stewed apples with oats and plain yoghurt for a snazzy, vitamin-packed breakfast.

Add to relish

Chop apples, onions and pickles and add vinegar and sugar for a tangy relish. Serve with your favourite veggie burger or cheese selection.

Drink infusion

Pour vodka over chopped apple and let sit for a few days. Voila!

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4. Jelly & Cake, £12.95,
www.annabeljames.co.uk

5. Lorna set of 3, £12, Habitat

6. One Hot Mama, £7.49,
www.suttons.co.uk

7. Madelaine Sage Organic, £6,
www.ochreandocre.com

8. Allotment Mud, £8,
www.bettyandwalter.com



Recipe of the THE MONTH

Round off your bank holiday celebrations in style with this delicious cheesecake that you needn't feel guilty about



LEMON RICOTTA CHEESECAKE



Serves 8-10

Ready in 1 hr 30 mins (plus cooling time)

For the base

150g lemon shortbread biscuits
50g butter, melted

For the filling

1kg ricotta cheesecake
zest of 4 lemons, juice of 2

4 large free-range eggs
150g lemon curd
75g caster sugar
40g cornflour
250g raspberries, to top
icing sugar, for dusting

You will also need:

20cm (8in) cake tin, 7.5 cm (3in) deep, with removable base, oiled

1 Crush the biscuits in a plastic bag by rolling over with a rolling pin. Mix with the melted butter and use to line the base of the tin. Pat the mixture down, then chill.

2 Heat the oven to 170C/325F/Gas 3. Put all

the filling ingredients into a food processor and whiz until smooth. Pour into the tin and place on a baking sheet.

3 Place on the middle shelf of the oven with a roasting tin of hot water in the bottom, and turn the oven down to 150C/300F/Gas 2. Bake for about one hour to one hour ten minutes, until the cheesecake has set but still has a slight wobble in the centre. Remove from the oven and place straight in the fridge until completely cooled. This will help to stop it from cracking.

4 When cooled, remove from the fridge and gently release the tin. Arrange the raspberries on top, dust with icing sugar, and serve. This will keep in the fridge for up to three days.

PER SERVING (10 SERVINGS): 387 CALS, 23G FAT

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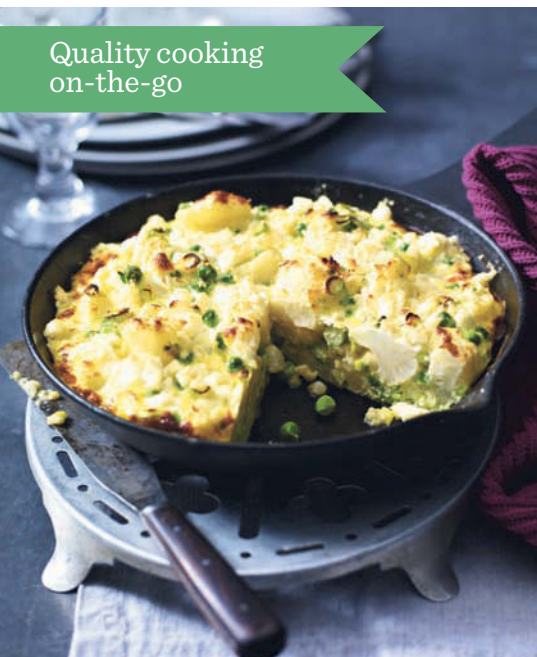
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Over to you

We'd love to hear your news and views, favourite recipes and comments you've read in Cook Veg, and you could win a fantastic prize

Quality cooking
on-the-go



Need for speed

I'm just writing in to let you know how helpful I found the midweek recipe feature in your February issue. I'm spending the majority of my time at work and then in the gym these days, so my cooking has been rather lacklustre to say the least! The Pea & Cauliflower Frittata has been a life saver, and is incredibly tasty too!

Tracy Phelan, by email

We've all been re-visiting those speedy after-work dinners too. It's brilliant when quick dinners cut down the cooking time, but not any of the taste!

"We recommend a vegetarian emmental as a replacement"

Over the Pond

I'm a big fan of the magazine but there's one slight problem – I'm now based in the US! What's the easiest way that I can get my hands on a copy over here?

Gill Durham, via email

Great to hear that you're a fan Gill, and that you're flying the *Cook Veg* flag over in the U.S of A. We'd recommend the *Cook Veg* app if you have a tablet or smartphone. You can also access all of our old issues via the online newsstand too!



WRITE IN TO WIN!

For your chance to win the new range from Beloved, simply write in to tell us your favourite recipes and cookery tips using dates. Or, share your ideas with us via Twitter @cookveg or Facebook www.facebook.com/cookvegetarian. Inspired by the delicious and nutritious date fruit, the tasty range includes Date Nectar, three varieties of cereal bars, granola and muesli. Each is naturally sweetened with Beloved's Date Nectar, which retains the benefits of the whole fruit. Beloved, is a new premium date food collection which launched in March. Visit www.belovedates.com for more info,

STAR
LETTER

Axe to Gruyère

Can you advise me regarding Gruyère cheese or a vegetarian alternative? Many products that say they are suitable for vegetarians contain Gruyère cheese. But I've always thought Gruyère wasn't suitable for veggies. Quorn have products that use Gruyère, and Quorn tell me that they make theirs specially, and it's not available to the public. I also contacted the British Cheese Society who tell me a mild Cheddar is my only option! Do you know if a vegetarian Gruyère cheese exists? I have seen recipes in your publication using Gruyère cheese, so I hope you are able to help with this (plea!) request.

Lee Dodge, via email

Thanks for your email Lee and apologies if you saw a recipe that called for Gruyère in *Cook Vegetarian*. We usually call for 'vegetarian Gruyère-style cheese' in our recipes as you're quite right, Gruyère is not suitable for vegetarians. We recommend a vegetarian emmental as a replacement, and as emmental is a little milder and sweeter than Gruyère, dishes that call for this cheese can often benefit from a little vegetarian Parmesan too. Try Sainsbury's Basics Italian Hard Cheese.

What you're cooking this month...



@QuantumGeek01
knocked up the perfect lunch – a veggie patty, halloumi, mushrooms, kale and some chilli sauce, all nicely slotted in between some delicious rye bread



@Justings1981
has proven a popular Twitter chef on our timeline by creating some gorgeous looking meals. Here's a beautiful tofu noodle dish



@AMViaggi
has cooked a lovely roasted seitan with tonnes of veg

OUR FAVOURITE ONLINE COMMENT THIS MONTH...

"I love the recipes you post, they give me something new to make every month!" Kathy Cakebread, via Facebook. Share your comments www.facebook.co.uk/cookvegetarian



TASTE IT!



DRIZZLE IT!



SQUEEZE IT!



ENJOY IT!

CLARKS IT!

FOR FLAVOURS THEY'LL SIMPLY ADORE



www.ClarksIt.co.uk

A woman with dark hair in a braid and bangs, wearing a purple top and a colorful patterned skirt, holds a round cake decorated with white cream and raspberries on a white stand. The background is a bright, out-of-focus outdoor setting with greenery and a building.

Rachel Khoo's delicious vegetarian menu

Join the Parisian-style chef for a dinner
seasoned with French know-how



You'll probably know Rachel Khoo from her Parisian-based cookery television show where she delighted viewers with her indulgent French-inspired cooking. But this cook is not a one-trick pony. With a new cookbook just out, Rachel proves that her food can be so much more than the restaurant-quality dishes she's famous for. We caught up with her to hear about the new book and her views on vegetarianism.

I travel a lot and I always carry a notebook around. The idea for my new book – *Rachel Khoo's Kitchen Notebook* – came when I realised that this notebook, full of recipes, scribbles and illustrations, might make a great starting point for a cookbook.

The book is designed to look like my notebook, a little scruffy and full of notes. That's how a good cookbook should be. If I ever visit somebody at home and they happen to have one of my cookbooks, I always hope that it looks used, scruffy and covered in chocolate finger marks.

I have lived in Paris for eight years, but I grew up in the UK. I've also spent time in Germany and my dad's Malaysian while my mum's Austrian. I really wanted to show people after my last two cookbooks that while I love French food, I'm not all about French cooking.

I'm definitely a flexitarian. A dish doesn't have to be meat-and-two-veg for me to find it satisfying, so I like to include a lot of fruit and veg in my cookery. My style of cooking is fresh and I like to keep it quite light. I hope my food is quite approachable too.

I find inspiration from a wealth of places. Sometimes it's down the market, sometimes when I'm eating out. But often it can be when I'm having a bubble bath reading a geeky techy magazine and I'll suddenly get inspired by something as random as a gadget! Other times, I'll get inspiration from fellow foodies. I was on the Dutch version of *Masterchef* and one of the contestants made apple chips – slices of apple deep-fried in batter and seasoned with salt and pepper. The mix of sweet and savoury was incredible and really got me thinking.

If I had a tip for how *Cook Veg* readers can devise a recipe, I'd say start with your produce. And invest the most you can afford on your ingredients. If you do this, the vegetables will do all the hard work for you. Take a tomato for instance. You buy a tomato, it's summer, it's been ripened on the vine, it's juicy, it's flavoursome, it's sweet and it's tart. All you need to do is slice it up and serve it scattered with basil and drizzled in olive oil. But in winter, if you buy a green tomato, you're going to have to work a little harder. You know you're going to have to cook it up, add some spices and inject some flavour. So, start with your key ingredient and go from there.

I have so many cookbooks – there are some I'm ashamed to say I haven't actually cooked from. I used to work in a cookbook shop, which didn't help. I love Diana Henry – her recipes always hit the spot – and I have all the classics like Jamie, Nigella, Nigel and so on. But the one book I use the most isn't actually a cookbook. It's called *The Flavour Thesaurus* which is a list of flavours or ingredients and it tells you what goes well with it. It's a great starting point.

CAULIFLOWER CHEESE BURGERS



Serves 6

Ready in 45 mins

1 very small head of cauliflower
(approx. 200g), trimmed and
separated into florets

“I’m a flexitarian. A dish doesn’t have to be meat-and-two-veg for me to find it satisfying...”



“Turkish pastries, such as the intensely sweet and extremely sticky baklava, were nothing new to me; however, the pomegranate juice stands that cropped up on Istanbul’s street corners were a delightful discovery”

150ml red wine vinegar
2 tbsp raisins, finely chopped
2 tbsp soft brown sugar

- 1** Steam the cauliflower florets for 7-8 minutes. Take off the heat, drain and leave in the colander to cool.
- 2** In the meantime, start to make the chutney. Put the butter in a frying pan on a low heat, then add the onions and salt. Fry for about 20 minutes. Add the vinegar, raisins and sugar, and cook for another five minutes. Check seasoning.
- 3** When the cauliflower is cool, put the haricot beans into a food processor and pulse, then add the cauliflower and pulse lightly. You don't want to overwork it as the mixture. Place in a bowl and add one tablespoon of breadcrumbs. Grate 80g of the Cheddar and add to the bowl, along with the parsley, nutmeg, lemon zest and hazelnuts. Season and form the mix into six patties, around 6cm in diameter, in the palms of your hands.
- 4** Lightly whisk the egg white in a bowl,

and put the rest of the breadcrumbs on to a plate. Brush each patty all over with egg white and press into the crumbs, making sure they are covered.

- 5** Put the oil into a large frying pan on a medium-high heat. When hot, cook the patties in batches for 3-4 minutes on each side, until crisp. Slice the remaining Cheddar and put a slice on top of each patty while in the pan to melt. Place each patty in a lettuce leaf, add a slice of tomato and serve with a generous spoonful of chutney.

PER SERVING: 384 CALS, 22.4G FAT

PISTACHIO AND POMEGRANATE CAKE



Serves 8-10
Ready in 1 hr 10 mins

For the sponge

2 x 150g pots of natural yoghurt
100g pistachio kernels
1 x 150g yoghurt pot of caster sugar
1 x 150g yoghurt pot of sunflower oil
2 free-range eggs, lightly beaten
1 tsp vanilla extract
2 x 150g yoghurt pots of plain flour
2 tsp baking powder
1/2 tsp sea salt

For the Yoghurt Icing

1/2 a pomegranate
250g icing sugar
50g natural yoghurt

You'll also need: a 20cm springform tin, buttered and floured

- 1** Preheat the oven to 180C/350F/ Gas 4.
 - 2** Empty the contents of the yoghurt pots into a bowl, then wash and dry them ready to measure the remaining ingredients. You'll need one for wet ingredients and one for the dry. Whiz the pistachios to a powder in a blender.
 - 3** Put the caster sugar and oil in a large bowl, then mix together with an electric hand whisk for two minutes, until the sugar has dissolved. Gradually add the eggs and vanilla extract. Fold in the yoghurt, then add the flour, baking powder, salt and ground pistachios and gently fold them in.
 - 4** Spoon the batter into the tin. Bake for 50 minutes. Leave to cool for five minutes before turning out on to a rack to cool.
 - 5** When the cake is cool, hold the pomegranate inside a big bowl before hitting the back of the fruit with a wooden spoon to remove the seeds.
 - 6** Sift the icing sugar into a bowl, then add the yoghurt and mix well to get a thick pouring consistency. Pour on top of the cooled cake, gently guiding it down the sides. Once the icing has stopped dripping, take the pomegranate juice and dot several drops along the top of the cake. Drag a skewer or toothpick in a figure-of-eight pattern through the drips of pomegranate, swirling it all around.
 - 7** Stick the pomegranate seeds to the side of the cake when the icing has stopped dripping. If it's difficult to make them stick, chill the cake for 10 minutes in the fridge first.
- PER SERVING (10 SERVINGS): 497 CALS, 22.1G FAT



← Pistachio and Pomegranate Cake



Baked Goat's Cheese Cigars with Melon, Radish and Cucumber Slaw

1 Preheat the oven to 200C(180C Fan)/400F/Gas 6.

2 Unroll a sheet of filo horizontally on your work surface. Cut the filo sheet in half lengthways and in half crossways to make four rectangles measuring approximately 15x20cm. Lay them all out on the work surface, brush generously with butter, ensuring that about one tablespoon is saved. Sprinkle some thyme along the long length of each rectangle and fold it in about 2cm. Crumble a line of goat's cheese in a line along the opposite short side of the pastry.

3 Drizzle the honey along the goat's cheese on each pastry. Starting at the goat's cheese end, roll the pastry over the cheese and all way to the thyme, sealing the join. Repeat the process to make four cigars. Place on a lined baking tray and brush again with butter. Bake for 15-20 minutes.

4 In the meantime, make the salad by using a mandolin to julienne the cucumber and the melon. Place them in a bowl with the radishes. Put the dressing ingredients into a jar. Mix.

5 Once the cigars are cooked, toss your salad with the dressing and place in the centre of your plate. Serve with the cigars on top.

PER SERVING: 358 CALS, 22.66 FAT

BOOKSHELF

Recipes taken from *Rachel Khoo's Kitchen Notebook** (£13.60, Michael Joseph)

*INCLUDES NON-VEGETARIAN CONTENT

COOK'S TIP

Filo sheets dry out really quickly. Be sure to store them in cling-film. Also, be gentle when brushing the sheets as they can tear easily. You can flavour the cheese with any dried herbs or caramelized onions in place of the honey.

BAKED GOAT'S CHEESE CIGARS WITH MELON AND RADISH SLAW



Serves 4, as a starter
Ready in 40 mins

1-2 rectangular filo sheets
(depending on the size of your sheets)
60g butter, melted
8 sprigs of thyme, leaves picked
125g soft goat's cheese
4 tsp honey (lavender if possible)

For the slaw

1 small cucumber
1/2 unripe galia melon, seeds removed
6 radishes, trimmed and sliced into thin rounds

For the dressing

1 tbsp extra virgin olive oil
1/2 tbsp red wine vinegar
sea salt and freshly ground pepper, to taste



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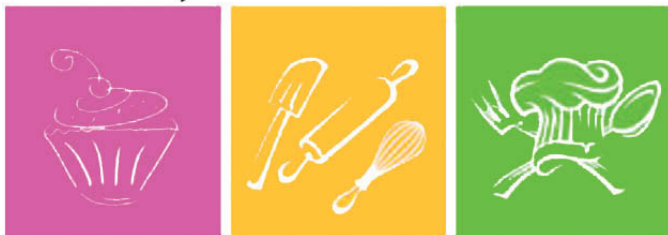
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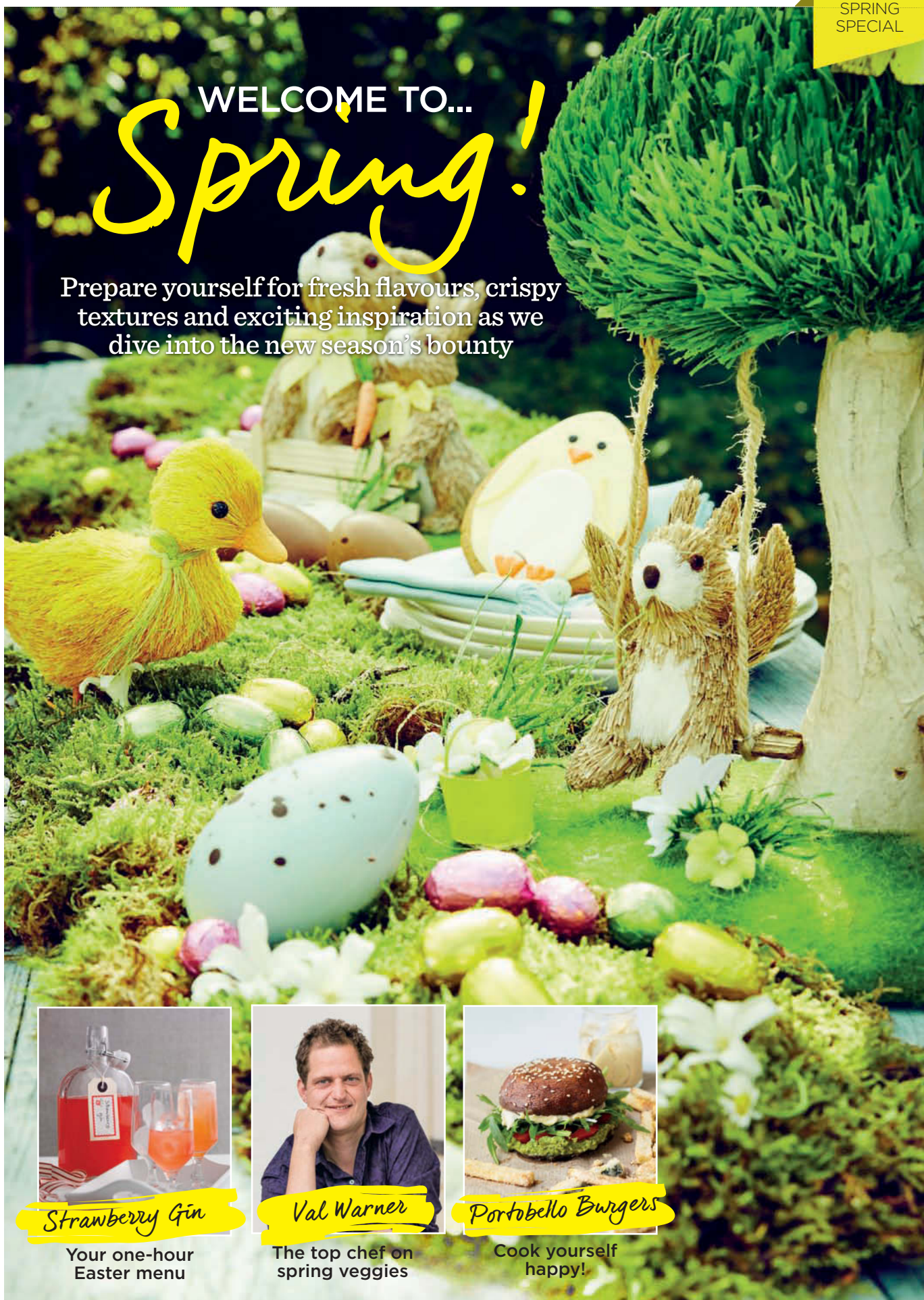


@cakebakefood



WELCOME TO... *Spring!*

Prepare yourself for fresh flavours, crispy textures and exciting inspiration as we dive into the new season's bounty



Strawberry Gin

Your one-hour
Easter menu



Val Warner

The top chef on
spring veggies



Portobello Burgers

Cook yourself
happy!

YACON SYRUP

HEALTHY
INGREDIENTS

Have you fallen in love with this sweet, guilt-free **superfood sweetener** yet?

Yacon is fast becoming the must-have ingredient of 2015 for vegans, dieters and, of course, all of us looking to cook delicious and healthy food. The sweet syrup comes from a natural root grown in Peru, known by the locals as a 'Ground Apple' due to its sweet and juicy taste.

Yacon Syrup has been featured as Product of the Week on alkaline food blog HonestlyHealthy-Food.com and quickly became the best seller when it launched online. So what is it about Yacon that has caused such a craze? **Yacon's superb features:**

- ✓ the highest source of complex FOS sugars, a type that **doesn't get absorbed** into the blood stream
- ✓ **extremely low GI**
- ✓ **deliciously sweet and malty taste**
 - ✓ is a prebiotic, aids gut health
- ✓ Yacon root is a source of many **vitamins** and **minerals**, including **iron, potassium** and **calcium**.



Yacon & Vanilla Apple Pie

INGREDIENTS • 5 dessert apples, peeled and cored • 200g unsalted butter • 115g Yacon syrup • 2 eggs, room temperature • 360g organic self-raising flour • 1 1/2 tsp Vanilla essence • 2 tbsp greek yoghurt

METHOD 1) Preheat oven to 175C. 2) Cut apples into thin crescent slices. 3) Microwave butter until melted and place in a bowl syrup and vanilla, whisk into one mixture. 4) Add in eggs and yoghurt, whisk until the mixture has become light and creamy. 5) Slowly sieve in the flour, whilst whisking until well combined and a heavy, doughy mixture has formed. 6) Line the base of the cake tin with half the dough evenly. 7) Layer half the apples across the dough base, repeat with remaining dough then apples to form another two layers. 8) Bake in oven for 40 minutes, or until firm and golden.



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Spring clean your plate

Natasha Corrett – the brains behind alkaline food company **Honestly Healthy** – serves up some deliciously different but oh-so-simple dinner ideas. Tuck in!



Natasha Corrett was used to a life of yo-yo dieting, believing that because she was vegetarian, she was pretty healthy. But that all changed after an injury. “I truly believe that things happen for a reason,” she explains. “One summer five years ago, I had been working so hard – cooking and delivering vegetarian lunches to people’s offices – and my dodgy back gave way the day before my birthday. I could hardly walk. It was a Friday afternoon and I couldn’t get an appointment anywhere; then, my mother told me to go and see her Ayurvedic doctor for some acupuncture, as it would help release the muscle spasm. During the session, as he was inserting needles into my back, the doctor told me that I was far too acidic and that I needed to do an alkaline cleanse. It seemed, too, that my body was in a toxic state from the stress and overwork I had put it through – such a state, in fact, that he said there was no way it could absorb the goodness and nutrients I was feeding myself.” And since modifying her diet, she’s never looked back.

CUCUMBER AND TEMPEH SALAD



Serves 3–4

Ready in 25 mins

75g cashew nuts
150g cucumber, cut into 2cm cubes
1 large handful sprouts
2 large handfuls rocket
1/4 red onion, finely sliced
2 spring onions, finely sliced at an angle
2 tbsp chopped coriander
150g tempeh, cut into 2cm cubes
1 tsp sunflower oil

For the dressing

30ml rice vinegar
a pinch of Himalayan pink salt
1 tsp agave syrup
1 tsp toasted sesame oil
1 garlic clove, finely chopped
1/4 large red chilli, finely chopped
1 tsp tamari
juice of 1 lime and finely grated zest of 1/2

1 First make the dressing. Put all the ingredients for it, except for the lime juice and zest, in a saucepan and heat very gently for 3–4 minutes. Remove from the heat and set aside to allow the flavours to infuse.

2 Dry-toast the cashews then transfer them to a bowl along with the cucumber, sprouts, rocket, onion, spring onions and coriander.

3 Return the frying pan to the heat and cook the tempeh cubes in the sunflower oil until golden brown on all sides.

4 Add the tempeh to the bowl of salad and then add the lime juice and zest to the dressing in the saucepan.

5 Toss the salad together, transfer to a platter and then drizzle over the dressing.

PER SERVING: 288 CALS, 21.16 FAT

PORTOBELLO BURGERS



Serves 2

Ready in 30 mins

4 Portobello mushrooms



a pinch of Himalayan pink salt
Broccoli Pesto (see Masterclass)
20g rocket
1 large vine tomato, sliced
1 spring onion, sliced
10g flat leaf parsley, leaves picked
Cashew Cheese (see Masterclass)
1 tbsp raw sesame seeds
1 tbsp sunflower oil
Almond-crusted Courgette Fries (see p26)

1 Preheat the oven to 170C/350F/Gas 4.

2 Carefully cut the stalks off the mushrooms and massage the oil into the caps. Place them on a baking tray, with the gills facing uppermost, and sprinkle with salt. Bake for 10 minutes, then turn them over and bake for a further five minutes.



3 To serve, put a mushroom cap on a plate, add a dollop of broccoli pesto, then some rocket and a slice of tomato along with some spring onion and parsley. Place another mushroom cap on the plate and spread some cashew cheese over it, then sit it on top of the vegetables to form the top half of 'bun'. Sprinkle with sesame seeds to make it look like a real burger.

4 Serve with the courgette fries, sprinkle with apple cider vinegar and salt for an authentic chip flavour.
PER SERVING (WITHOUT PESTO OR CASHW CHEESE): 548 CALS, 47.2G FAT

SPICED TOFU BALLS



Serves 4
Ready in 50 mins

1/2 red onion, grated
200g courgette, grated
200g carrot, grated
1 tsp ground cumin
1 large garlic clove, finely chopped
1 tsp ground ginger
1/2 tsp paprika
150g smoked tofu, grated
2 tbsp brown rice flour
finely grated zest of 1/2 lime
a pinch of Himalayan pink salt
freshly ground black pepper

For the sauce

1 white onion, diced
1 tsp sunflower oil, plus extra

MASTERCLASS Cashew Cheese

Makes a small kilner jar
Ready in 40 mins

250g raw cashews
150ml water
15g nutritional yeast
juice of 1/2 lemon
1 garlic clove

1 Soak the cashews in the water for 30 minutes if using a high-speed blender. If using a standard blender, soak them for at least two hours: they need to be extra soft.

2 Put all the ingredients, including the cashews' soaking water, into the blender and whiz until velvety smooth. Pour into a clean jar and pop into the fridge to cool and set.

PER BATCH: 1,554 CALS, 127.8G FAT

2 garlic cloves, finely chopped
1/2 tsp ground cumin
1 tsp paprika
1/2 red chilli, finely chopped
400g tinned tomatoes



*INCLUDES NON-VEGETARIAN CONTENT

BOOKSHELF

Recipes taken from Natasha Corrett's *Honestly Healthy Cleanse** (£25, Hodder & Stroughton).

MASTERCLASS Broccoli Pesto

Makes about 150g
Ready in 5 mins

120g broccoli
30g basil leaves
40g pumpkin seeds
1 small garlic clove
4 tbsp olive oil
juice of 1/2 lemon

1 To make the pesto, put all the ingredients into a high-speed blender or food processor and pulse until you get a wonderfully thick texture.

2 Alternatively, use a pestle and mortar to pound the ingredients. Pop the pesto into a clean glass jar and store in the fridge, where it keeps for up to one week.

PER BATCH: 776 CALS, 74.1G FAT

200g cherry tomatoes, halved
120ml water
1 large handful of washed spinach leaves

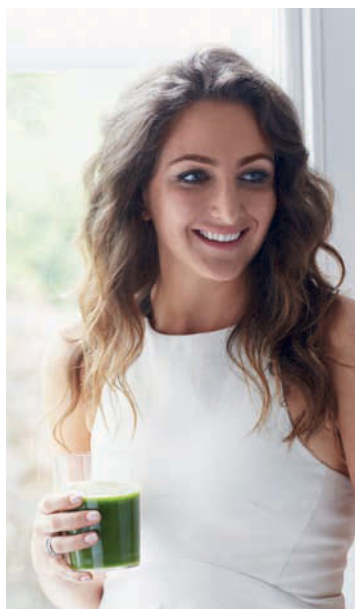
1 Preheat the oven to 170C/350F/Gas 4.

2 First make the sauce. Using an ovenproof frying pan, sauté your onions in the sunflower oil for a couple of minutes until translucent. Add the garlic, cumin and paprika and continue to sauté on a low heat for a further two minutes when the air will start to smell wonderful.

3 Add the chilli, both types of tomatoes and the water. Turn the heat down to a low simmer and leave the sauce to reduce and develop a rich flavour – about 20 minutes.

4 Meanwhile, combine all of the ingredients for the tofu balls in a bowl. Roll the mixture into little balls (you should get about 12 balls) between your hands and set aside. As you shape the balls, squeeze out any excess moisture.

5 Once the sauce has reduced down, taste and add a pinch of Himalayan salt, if necessary. Pop the spinach in the tomato sauce and stir through until



completely wilted.

6 Arrange the tofu balls across the tomato sauce, drizzle with a touch of oil and bake in the oven for 15-20 minutes, until the tofu balls are golden brown and the tomato sauce is beautifully thick.

PER SERVING: 144 CALS, 3.6G FAT

ALMOND- CRUSTED COURGETTE FRIES



Serves 2
Ready in 30 mins

2 courgettes
a pinch of Himalayan pink salt
100g ground almonds
2 tbsp sunflower oil

1 Preheat the oven to 170C/350F/Gas 4.

2 Slice the courgettes into long, chip-like shapes – the thinner they are, the crunchier they will become.

3 Combine the salt and almonds in a wide shallow bowl.

4 Massage the courgette 'chips' with the oil, then roll them in the bowl with the almond mixture in it. Place on a baking sheet and bake for 15-20 minutes until they start to brown. Remove from the oven and serve immediately.

PER SERVING: 484 CALS, 42.9G FAT



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LOVE YOUR FUTURE

*"The seasonal traffic lights
have switched to green!"*

Seasonal expert **Valentine Warner** extols the
virtues of spring's bounty





While everyone else can't wait until spring, I'm not in so much of a rush because log-splitting indulges my Viking fantasies, and I enjoy wearing long johns under heavy wool and seeing my breath on the cold air against crispy blue frost. I like to see every season play out in full, and am in no hurry for the next.

Nevertheless, each season arrives with its own wonderful treats. Spring's tiny multiple

eruptions and explosions of new life in hedgerows, trees and nests inevitably bring with it an awareness and appreciation of that obscure fresh fragrance in the air, which arrives with the stretched daylight and new life. Small buds on bare trees soon become a flutter of sparkling green leaves, a growing audience of a million little green hands clapping

in the breeze. It happens with such speed yet slowness that I wonder if I were to stand motionless, whether I could possibly witness this unfolding with my bare eyes?

Embrace the change

Winter (or a little longer!) has been full fat for me, but my spring dishes tend to be lighter thanks to an appreciation of seasonality. My ingredients are synchronised with the weather. Mother Nature knows best and by that I mean, come spring and we want to throw off the blankets of cream and butter and tuck into the beginnings of a fecund table of options that approaches. Spring is no time be pushing rocket leaves around a plate, so here are a few of its delightful offerings, those jump leads to chuck you into longer days. The seasonal traffic lights have switched to green! So, skip with the same new exuberance as those overwintered cows released into the fields dancing with delight.

Happy springaling to you all!

Val x

Valentine's SPRING VEG BOX

Asparagus If you're tired of eating asparagus with butter, try this. Cut the spears 8cm (3 in) from the tip and roll in no more than two layers of filo pastry painted generously with butter. Dust with pepper and vegetarian Parmesan-style cheese and roast in the oven on a high heat until the filo is very crisp.

Ground Elder Ground Elder is mercilessly hounded with weaponised sprays by angry gardeners, but think again, and instead regard these pesky patches as one would a fine bed of spinach or chard. Originally brought over by the Romans and planted as a recognizable vegetable for marching troops and settlers, ground elder was once enjoyed for the delicious thing it is. Pick the smaller younger leaves and the wash thoroughly. Sauté as you would spinach and with plenty of butter, salt and pepper. Pile onto some good toasted sourdough and scatter with a small handful of toasted walnuts followed by a squeeze of lemon juice.

Nettle Soup Nettles have long been one of my favourites, not the 'desperation food' that some people regard it as. Pick the young spring leaves and tops with rubber gloves on

(unless you have sadomasochistic tendencies). Wash the nettles well and then drain. Sauté an onion in butter until totally tender. Throw in a good load of fresh nettles with a little finely diced potato. Cover in good veg stock and simmer. Cook the potato until tender but not for so long the nettles lose all their vibrancy. Blend until smooth and then season with plenty of celery salt. Grate in a little nutmeg and grind in some pepper. This is lovely when served with some soft-boiled quails eggs popped in.

Purple Sprouting Broccoli Simply melt some vegetarian blue cheese into some double cream, add a finely grated garlic clove, a tiny splash of red wine vinegar and some black pepper. Spoon the warm sauce over some well drained steamed PSB.

Rhubarb This techno pink, sexy, lycra-clad disco leg is revitalising thanks as much to its colour as its sharp twang. Chop into 10cm (4 in) pieces and cook with barely more water than the drops that cling to it post-washing. Add honey, a twist of lemon and lots of very finely sliced peeled ginger or stem ginger. Gently braise with the lid on the

pan. Do not be tempted to overcook it as most do. It is nicer when holding its shape. Delicious with full-fat yoghurt and with the possible chance you may have some, a spoon of liquorice syrup. Cooked simply without sugar, it is lovely when eaten with a Scandie crisp bread, soft sharp goat's cheese, a little oil, fresh herbs and salt and pepper.

Spring Onions I like to char these alliums and lay them side by side. Spoon over some French vinaigrette and scatter with chopped parsley and grated hard-boiled egg.

Wild Garlic grows in abundance come late spring. If you smell it, you're standing on it. The leaves – when washed and finely chopped, then combined with good olive oil, lemon juice and salt – make a fine dressing for potato gnocci. A little grated vegetarian Pecorino-style cheese is a good addition.

When the wild garlic flowers arrive, pick them with the stem before gently washing and patting dry. Mix Dove's Farm gluten-free self-raising flour with cold cider. Dip the flowers in the batter and deep fry. Serve with salt and a wedge of lemon or bowl of mayonnaise.

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5 WAYS WITH... JERSEY ROYALS!

The Jersey Royal season is short-lived, so make the most of it with these sensational dishes perfect for spring

ROASTED PORTOBELLO MUSHROOM WITH SAUTÉD JERSEY ROYAL POTATOES

Serves 4

Ready in 30 mins

Preheat the oven to 230C/450F/Gas 8. Cook **200g Jersey Royals** until slightly under done, then cool them in cold water. Dry, then cut in half. Blend **200g vegetarian goat's cheese**, **30ml whipping cream**, **1 free-range egg yolk**, **10g chopped parsley**, **10g chopped basil**, **10g chopped chervil** and **salt and pepper**, and refrigerate for couple of hours. Next fry **4 portobello mushrooms** for 90 seconds on each side and then place on a baking tray. Fry the Jersey Royals until golden brown. Place the Jersey Royals on the mushrooms and season. Wilt **200g baby spinach** in a saucepan and stir for 1 minute. Season and drain in a colander. Place the spinach on top of the Jersey Royals, add 1 tbsp goat's cheese on each stack and bake for 4-5 minutes. For the garlic butter sauce, gently cook **2 chopped shallots** and **2 chopped garlic cloves** in **butter**. Turn up the heat and add **40ml vegetarian white wine** and reduce, then add **15ml double cream**, bring back to boil then whisk in **90g of butter**. Add the juice of **¼ lemon** and **20g chopped chives** with **salt and pepper**. Remove the stacks from oven, plate up and drizzle with butter.

JERSEY ROYAL SAG ALOO

Serves 4

Ready in 40 mins

Cook **900g Jersey Royals** in lightly salted boiling water for about 15-20 minutes until just tender. Drain well. About 10 minutes before the potatoes are ready, melt **25g butter** in a frying pan and add **1 sliced onion** and **1 sliced garlic clove**, cooking them gently until very soft. Add **½ tsp cumin seeds**, **¼ tsp ground turmeric**, **1 tsp garam masala** and **2 tsp grated ginger** and cook for 2 minutes. Tip the hot Jersey Royals into

the frying pan and add **200g young leaf spinach**, stirring it in gently until the leaves have wilted. Season to taste, then serve.

HERB-ROASTED JERSEY ROYALS WITH CUCUMBER AND PAPRIKA DIP

Serves 4

Ready in 1 hr

Preheat the oven to 200C/400F/Gas 6. Cook **1kg Jersey Royals** in lightly salted boiling water until almost tender for about 10-15 minutes. Drain well. Tip the Jersey Royals into a roasting pan and add **2 tbsp olive oil**, **1 tbsp chopped rosemary** and **1 tbsp chopped thyme**. Season with **salt and pepper**, then toss to coat. Roast for 25-30 minutes, until browned. Make the dip by mixing together **100g low fat Greek-style yoghurt**, **300g tub of light soft cheese** with **garlic** and

herbs, **¼ finely chopped cucumber** and **½ tsp paprika**. Serve with the Jersey Royals and sprinkle with a little extra **paprika**.

JERSEY ROYALS, GOAT'S CHEESE AND ASPARAGUS FLAN

Serves 6-8

Ready in 1 hr and 20 mins

Preheat the oven to 200C/400F/Gas 6. Cook **450g Jersey Royals** in lightly salted boiling water until just tender, then drain well and wait to cool. At the same time, cook **250g asparagus** in a small amount of boiling water for 3-4 minutes. Drain and then rinse with cold water to cool quickly. Roll out **500g ready-to-use shortcrust pastry** on a lightly floured surface and use it to line a 20x30cm tart tin. Line with a piece of greaseproof paper, fill with baking beans and bake blind for 15 minutes. Take the flan from the oven, remove the paper and beans, and reduce the oven to 180C/350F/Gas 4. Arrange the Jersey Royals and asparagus over the base of flan. Beat together **3 free-range eggs** and **300ml pot of crème fraîche**. Pour into flan case and arrange with **200g sliced vegetarian goat's cheese** on top. Bake for 30-35 minutes until set and then serve warm, garnished with **fresh herbs**.

JERSEY ROYALS IN HONEY AND MUSTARD DRESSING

Serves 4-6

Ready in 30 mins

Bring a large pan of water to the boil. Add **700g small Jersey Royals**, bring back to the boil and simmer gently for 12-15 minutes. Meanwhile, heat **45ml clear honey**, **40g butter** and **2 tsp Dijon mustard** in a small saucepan, stirring until well blended. Add the **juice of ½ lime**. Drain the cooked Jersey Royals and pour the honey glaze over and toss until potatoes are evenly coated. Serve hot or warm, garnished with **1 tbsp chopped coriander**.





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THE COCKTAIL

STRAWBERRY GIN



Makes 1 large bottle
Ready in 5 mins (plus 3 days
macerating)

450ml strawberries
150g sugar
700ml gin

- 1 Roughly crush the strawberries with a fork or a potato masher then spoon into a wide-necked bottle or Le Parfait-style storage jar. Add the sugar then the gin, seal and give a gentle shake to mix.
- 2 Leave the jar at room temperature for three days, giving the container a gentle shake twice a day to make sure the sugar dissolves.
- 3 Strain the mixture, then decant into a clean, dry serving bottle. On the day, serve with ice and tonic water, or chilled sparkling vegetarian white wine. Slice a strawberry from the bottom, $\frac{2}{3}$ of the way up and place over the rim of the glass.

PER SERVING (8 DRINKS): 284 CALS, 0.3G FAT

BRITISH BRIE AND
ASPARAGUS TART



BRITISH BRIE AND
ASPARAGUS TART

VEGANISE IT!

Simply ensure the puff pastry you use is suitable for vegetarians and omit the British brie. Spread tomato purée on the pastry before adding the vegetables and finish with dollops of vegan green pesto and toasted pine nuts. Brush the edges of the pastry with your favourite milk replacement.



few drops of vegetable oil
320g ready-rolled puff pastry,
thawed if frozen
200g British brie, sliced
100g roasted red peppers (from a jar),
drained and sliced
freshly ground black pepper
1 tbsp semi-skimmed milk

- 1 Preheat the oven to 220C/425F/ Gas 7.
- 2 Cook the asparagus in boiling water for 3-4 minutes. While it's cooking, lightly grease a baking tray with the vegetable oil and unroll the puff pastry sheet onto it. Score a border of 2cm all around the sides, taking care not to cut right through.
- 3 Drain the asparagus and rinse with cold water. Arrange on top of the pastry sheet, within the border, with the brie and the peppers. Season with black pepper. Brush the edges of the pastry with milk.
- 4 Bake for 25-30 minutes, until the pasty has risen and is golden brown. Serve while warm.

PER SERVING: 389 CALS, 27.5G FAT

THE MAIN EVENT

BRITISH BRIE AND ASPARAGUS TART



Serves 6
Ready in 55 mins

150g fine asparagus spears, halved

**PREP 3 DAYS
IN ADVANCE
FOR A 5 MIN
COCKTAIL!**

THE POTATOES

JERSEY ROYALS LYONNAISE



Serves 4

Ready in 55 mins

1 kg Jersey Royals, scrubbed and sliced
3 tbsp olive oil
2 garlic cloves, crushed
1 small onion, finely chopped
1 tbsp fresh rosemary
salt and freshly ground black pepper

- 1 Cook the Jersey Royals in lightly salted boiling water for until just tender, about 4-5 minutes. Drain and set aside. Preheat the oven to 190C/375F/Gas 5.
 - 2 Heat the olive oil in a frying pan and gently fry the onion for five minutes. Add the garlic and fry for a further minute. Add the sliced potatoes and rosemary. Season with pepper and toss to coat.
 - 3 Tip the potatoes into a roasting tin and bake in the oven for 20-25 minutes until golden.
- PER SERVING: 298 CALS, 17.56 FAT



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Finish with a cheeseboard



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SPRING SIDE

BRITISH BROAD BEANS, PEAS WITH BUTTER, LEMON & BLACK PEPPER



Serves 4

Ready in 30 mins

250g fresh peas, shelled
250g fresh broad beans, podded
100g butter
the zest and juice of 1 lemon
salt and cracked black pepper

1 Bring a medium-sized pan of salted water to the boil. Add the peas and broad beans and cook for two minutes, then drain. Set to one side. (Unless they are very young and fresh, it's a good idea to squeeze the broad beans out of their shells once cooked.)

2 In the same pan, heat the butter until just starts to brown, add the lemon zest and juice, then add the peas and beans. Season and serve.

PER SERVING: 265 CALS, 22G FAT

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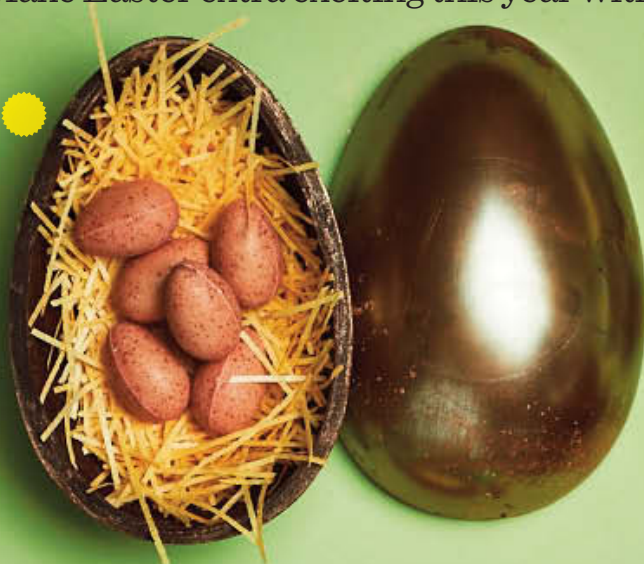
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Simple yet sublime lunch

ASPARAGUS AND CHEESE TARTS



Unroll **1 sheet puff pastry** and lay it out on a chopping board and cut into 4 rectangles. Score a 2cm boarder around the edge of each rectangle. Take a baking tray and line it with non-stick parchment paper. Carefully lift each rectangle onto the parchment. Mix **150g mascarpone** the zest of **1 unwaxed lemon** and season well with **salt and pepper**. Spoon the mixture onto the base of each tart, making sure you don't go into the boarder. Lay **12 spears of asparagus** side by side, filling the centre of the rectangles. Brush the boarders with a beaten egg.

Grate over **50g vegetarian emmental cheese**, add more **black pepper**. Place the baking sheet into a **190C/375F/Gas 5** preheated oven and cook for 15 minutes until the pastry is golden and well risen at the sides. Serve with a **crispy green salad**.

Seasonal side

PURPLE SPROUTING BROCCOLI WITH TAHINI DRESSING AND POPPY SEEDS



Trim **500g purple sprouting broccoli** of any woody stalks and large leaves. Boil in salted water until tender for 5-6 minutes. Mix **2 tbsp tahini** with the **juice of 1 lemon**, **1 tbsp runny honey**, **2 tbsp extra virgin olive oil** and **1 crushed garlic clove**. Mix well and pour over the cooked warm broccoli. Sprinkle with **1 tbsp black poppy** or a **handful of sesame seeds**.

One-pot supper

CAULIFLOWER, CHICKPEA AND COCONUT CURRY



Place a large saucepan on the stove and add **2 tbsp oil**. Once hot, add **1 sliced red onion** and allow to cook for 3-4 minutes before adding **2 crushed garlic cloves**, **1 inch peeled and grated ginger**, **2 tsp cumin**, **1 tsp**

ground coriander, **1 tsp ground turmeric**, **1 pinch chilli flakes** and **2 tbsp tomato purée**. Season with **salt and pepper**. Stir well and cook for a further 3 minutes before adding **400g cauliflower florets**. Coat the cauliflower in all the spices before adding **300ml gluten-free vegan vegetable stock**, **200ml light coconut milk** and **250g drained chickpeas**. Allow to simmer on a medium heat for 20 minutes. Once the cauliflower is tender, add **200g washed baby leaf spinach** and allow this to wilt. Once it's wilted, the curry is ready to serve.

Veg-packed crunkch salad

PICKLED CUCUMBER, BEAN SPROUTS, ORANGE AND PEANUT SALAD



Peel **1 cucumber** and cut it in half length ways. Use a spoon to scoop out the seeds and cut each half into crescent moons. Place these into a bowl and pour over **2 tbsp rice wine vinegar** and **1 tsp sugar**. Leave to marinade while you segment **1 large orange**, removing all the pith and skin. Add the orange segments to the cucumber along with **2 large handfuls bean sprouts**. Lightly toast **3 tbsp plain peanuts** in a frying pan and when slightly golden, crush and add them to the salad. Add **10-15 shredded mint leaves** and serve with a **large wedge of lime**.

Twist on a classic

POTATO, EGG AND CAPER SALAD



Boil **400g Jersey Royal potatoes** in boiling salted water until tender. This should take around 15 minutes. While they are cooking, boil **2 large free range eggs** for 8 minutes in boiling water. Place in cold water before peeling and chopping finely. Drain the potatoes and cut into halves or quarters depending on the size. Mix **2 tsp Dijon mustard** with the chopped egg, the **juice 1/2 a lemon**, **2 tbsp crème fraîche** and **2 tbsp drained and chopped capers**. Mix this sauce with the potatoes and **20g chopped fresh flat-leaf parsley**. Serve while the potatoes are still slightly warm.

Market-fresh soup

GREEN MINISTRONE



Chop **1 medium onion**, **1/2 leek**, **2 celery sticks** and **2 garlic cloves**. Place a large casserole pan on the stove and add **2 tbsp rapeseed oil**. Add all the chopped vegetables into the pan and cook on a low heat for 5-6 minutes until the vegetables have started to soften. Bring **1 lt vegetable stock** to the boil. Season with a little **salt** and lots of **pepper**. Simmer for a few minutes, add **1 handful Israeli couscous** and cook for 10 minutes or until just tender. Now add **2 grated courgettes**, **2 sliced spring onions**, **100g of peas** and **2 handfuls of shredded spring greens**. Simmer for 1-2 minutes before turning off the heat and serving with some **shaved vegetarian Parmesan-style cheese**.

Spring in a bowl

WATERCRESS, KALE AND SPINACH SOUP



Pour **2 tbsp rapeseed oil** into a large saucepan. Add the **1 sliced onion**, **2 chopped garlic cloves** and **1 diced potato**. Cook on a low heat for 5-6 minutes. Season with a little **salt** and **pepper**. Once the onions are soft, add **1 lt gluten-free vegetable stock** and bring to the boil. Simmer until the potato is completely soft. Now add **200g washed baby leaf spinach**, **200g kale** and **200g baby watercress** and cook for 30 seconds to 1 minute until all is wilted. Leave this to cool before pouring into a liquidisers, in two batches and blend until completely smooth. Enjoy this soup hot or cold with a generous serving of **crème fraîche** and some **toasted pine nuts**.

Crowd-pleasing main

SAVOY CABBAGE PESTO PASTA



Take **1 medium savoy cabbage** and remove the dark outer leaves. Remove the woody stalks and discard before roughly chopping the remaining leave. Finely shred the paler part of the cabbage. Place the darker chopped leaves into a food processor and add **100g toasted pine nuts**, **2 chopped garlic cloves**, **50g grated vegetarian Parmesan-style cheese**, the **juice and zest of 2 unwaxed lemons** and **300ml rapeseed oil**. Blend until you have a thick pesto. Add a little more oil if it's a bit too thick. Cook **300g penne pasta** in boiling salted water until cooked to al dente. Add **2 tbsp rapeseed oil** to a large frying pan on medium and when hot, add the finely cabbage. Cook this for a 2 minutes before adding **200ml vegetable stock** and simmer until all of the liquid has evaporated. At this stage add in your pesto. Stir well, heat through for a few minutes on low. Add the pasta to the pesto cabbage.

And for dessert...

SERVE UP A SLICE OF THIS FLUFFY LEMON DRIZZLE CAKE AFTER DINNER

Preheat the oven to **180C/350F/ Gas 4**. Line a **450g loaf tin** with baking parchment. In a bowl, beat together **110g butter** and **110g caster sugar** until fluffy. Add **2 free-range eggs**, one at a time, beating vigorously. Sift in **225g plain flour** and fold into the cake mixture until well blended. Add the **juice and zest of 3 unwaxed lemons** and mix well. Spoon the mixture into the prepared loaf tin and level the top with a knife. Bake for **30 minutes** until the cake begins to turn golden brown and a skewer inserted into the centre of the cake comes out clean. Meanwhile, in a small bowl mix together **2 tbsp of lemon juice** and **icing sugar** for the **lemon drizzle glaze**. While the cake is still in its tin pour the **lemon glaze** over the top and allow to cool completely. When the cake is cooled, remove from the tin, slice and serve.

Dinner today, lunch tomorrow

RADISH, POMEGRANATE AND RED QUINOA SALAD





Boil **150g quinoa** in salted water for 12 minutes or until tender. Shave or very finely slice **12 radishes** and add these to the cooked quinoa along with **200g picked pomegranate seeds** and **100g crumbled feta cheese**. Now add **2 tbsp sunflower and poppy seeds**. Make a dressing by combining the **juice and zest of 1/2 an orange**, the **juice of 1 lemon**, **1 tbsp runny honey**, **1 tbsp Dijon mustard** and **4 tbsp rapeseed oil**. Dress over the salad. Serve with **chopped coriander**.

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The art of EATING WELL

Make salad feel like a treat with these nourishing dishes for gluttons



GREEK SALAD WITH JASSY'S FRIED FETA



Serves 4
Ready in 25 mins

1 red onion, thinly sliced
1kg tomatoes (try a mix of colours if available)
1 tsp fresh oregano or thyme leaves
2 tbsp red wine vinegar
a little olive oil
1 cucumber, thinly sliced
2 peppers (a mix of colours), cut into rounds (seeds and stem discarded)
4 tbsp pitted olives or 2 tbsp capers (or a combo)
400g feta
2 tbsp gluten-free flour
a gloss of runny honey
zest of 1 unwaxed lemon
a large handful of fresh herbs (dill, mint, basil, parsley, coriander, chervil, chives)
sea salt and freshly ground black pepper

1 Place the thinly sliced onions in a

We all want mouth-watering food that's good for us, but let's face it – eating healthy can be a chore. When the world is filled with creamy pastas, the cheesiest of pizza and chocolate cake, why bother with a salad? Well, fellow food lovers, cooking wholesome ingredients doesn't mean you have to compromise on flavour. The trick is to use a clever combination of herbs and spices and offset the textures of fresh vegetables. And these glorious recipes from Rachel De Thample's new book *5-a-day* show just how easy eating well can be, and how delicious it can be too!



bowl and pour boiling water over them. Leave to soak and soften while you make up the rest of the salad.

2 Slice the tomatoes. Sprinkle with the oregano or thyme and a pinch of salt and pepper. Splash the vinegar over. Arrange on your plates or a serving platter and add a drizzle of olive oil.

3 Scatter the cucumber and pepper slices over the top. Drain the onions and add them to the salad along with the mixed leaves. Gently fold through the tomatoes and dot the olives

and/or capers on top.

4 Cut the feta into four large chunks. Soak the cheese in water for a minute, then dust with the flour, coating well on all sides. Heat a large frying pan and add a drop of oil. Add the feta and fry until golden on all sides.

5 Top the salad with the feta. Add a very faint gloss of honey and follow with a drizzle of olive oil. Dust with a pinch of salt and pepper and scatter over the lemon zest. Finish with the herbs.

PER SERVING: 453 CALS, 28.26 FAT



SOUK SALAD WITH
SPICED AUBERGINES AND
PISTACHIO YOGHURT

“All the herbs, veg and spice packed into this pretty salad are hugely energising”

SOUK SALAD WITH SPICED AUBERGINES & PISTACHIO YOGHURT



Serves 4
Ready in 1 hr

4 handfuls of mixed salad leaves
2 handfuls of 2-3 fresh herbs (mint, parsley, dill, coriander, chives, basil, tarragon or sorrel)
2 large handfuls of mixed seasonal veg (such as radishes, cucumber, purple sprouting broccoli and fennel)
a drizzle of olive oil
2 pomegranates
a handful of edible flowers (optional)
sea salt and ground pepper

For the Spiced Aubergines

2 aubergines
1 garlic clove, chopped
a drizzle of olive oil
1 tbsp cumin seeds
1 tsp sweet paprika
1 tsp ground cloves
1 tsp ground cinnamon
a pinch of chilli powder

For the Pistachio Yoghurt

6 tbsp shelled pistachios
a large handful of fresh mint
250g natural yoghurt
1-2 tsp olive oil

1 Preheat the oven to 200C/400F/ Gas 6. Place a baking tray on the top shelf to heat up. First, make the aubergines; halve the aubergines lengthways and make 1cm deep cuts on the diagonal, about 2cm apart. Repeat in the opposite direction, creating a criss-cross pattern. Rub the chopped garlic over the top. Dust with salt and pepper and drizzle with

olive oil. Roast on the heated tray for 40 minutes until tender. Mix up the aubergine spices. Dust over the cooked aubergine. Roast for another five minutes.

2 For the pistachio yoghurt, whiz the pistachios with the mint and yoghurt in a food processor until smooth. Alternatively, grind the pistachios in a pestle and mortar, add the mint, pound it to a paste and whisk into the yoghurt. Season, to taste. Trickle in a little olive oil, as needed.

3 Clean your salad leaves. Mix in a large bowl with your herbs and seasonal veg. Sprinkle over a pinch of salt and pepper, gloss with a drop of olive oil and mix well.

4 Roll the pomegranates on a firm surface to loosen the seeds. Place a sieve over a bowl. Cut the pomegranates over the sieve so the juices are caught in the bowl. Pluck the seeds from the pomegranates. You can do this by inverting the pomegranate halves; gently teasing any stuck seeds out with your fingers. Remove any white pith from your pile of seeds.

5 Drizzle the pomegranate juice over the salad. Divide between plates. Dollop with some pistachio yoghurt. Place a spiced aubergine half on each salad. Finish with the pomegranate seeds and the edible flowers, if using. Serve the remaining yoghurt on the side.

PER SERVING: 412 CALS, 29.6G FAT



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HONEYED PARSNIP QUINOA WITH CHILLI, CARDAMOM & ORANGE



Serves 4

Ready in 40 mins

1kg parsnips, peeled and cut into 4cm long batons

1 large onion, thinly sliced

a pinch of chilli powder

4 tbsp olive oil for the dressing

200g quinoa

500ml water

3 oranges

1 tbsp runny honey

4 cardamom pods, seeds

finely ground

a large handful of fresh parsley,

finely chopped

a large handful almonds, toasted

sea salt and black pepper

1 Preheat the oven to 220C/400F/ Gas 6. Place a large roasting or baking tray on the top shelf of the oven to warm up.

2 Toss the parsnips and onion in a bowl with a little salt, pepper and chilli powder. Gloss with just enough oil to lightly coat. Tumble onto the warmed tray and roast for about 25-30 minutes, or until golden and tender.

3 Meanwhile, rinse your quinoa in a fine mesh sieve. Heat a lidded pan and toast the rinsed grains for a moment. Swirl in a pinch of salt and a drop of oil. Pour in

the water, pop a lid on, lower the heat and let it cook for 20 minutes, or until all the water is fully absorbed. Remove from the heat, lid still on, and leave to steam for a further five minutes. Drain any excess water.

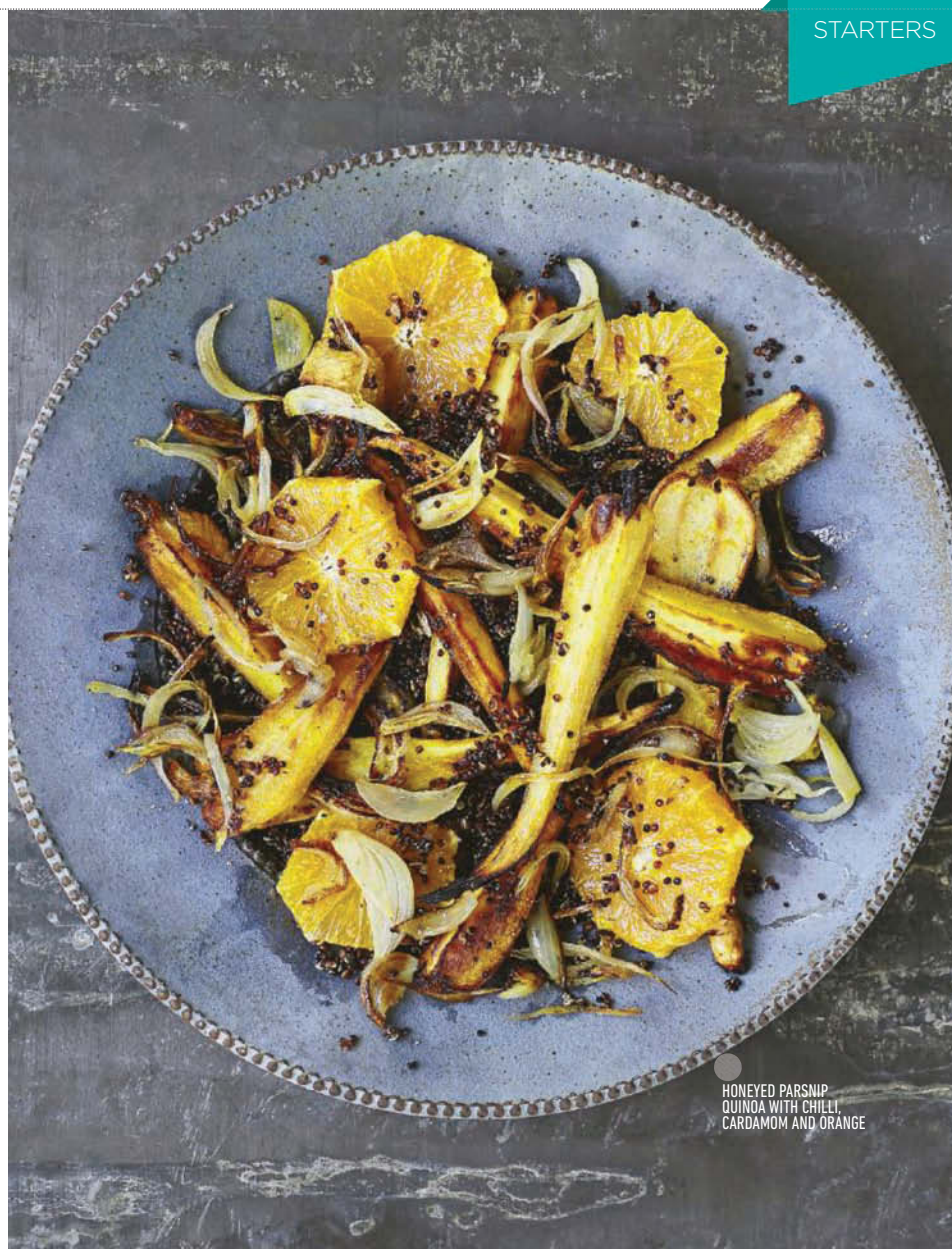
4 Halve one of the oranges. Squeeze out eight tablespoons of juice into a clean, lidded jam jar. Mix with the four tablespoons of olive oil, a pinch of salt, the honey and ground cardamom. Shake until fully emulsified. Taste and adjust the seasoning to your liking.

5 Once the parsnips are nearly done, pour a little dressing over them, just enough to lightly coat, and pop them back in the oven for a couple of minutes, allowing the dressing to turn to a sticky glaze.

6 Cut the remaining oranges into 1cm-thick rounds – whip the peel off the rounds. Mix them through the quinoa, along with the chopped parsley

and the remaining dressing. Tuck the roasted parsnips in to the mix, once cooked. Scatter the toasted almonds over the top. Serve warm or cold.

PER SERVING: 650 CALS, 30.2 G FAT



HONEYED PARSNIP QUINOA WITH CHILLI CARDAMOM AND ORANGE



*INCLUDES NON-VEGETARIAN CONTENT

BOOKSHELF

Recipes taken from **Five: 150 Effortless Ways To Get Your 5+ Fruit And Veg A Day*** by Rachel de Thamp (£14.99, Ebury Press)



GREEN MINISTRONE
WITH KALE PISTACHIO PESTO



SHARE THE LOVE

When creating delicious veggie dishes changed from a necessity to a pleasure, blogger **Shelly West** wanted to share her recipes with the world

VISIT: WWW.VEGETARIANVENTURES.COM



I became obsessed with cooking at an early age. My babysitter had a Mickey Mouse Cookbook that I would pore over. I was so in love with the idea that I, not my parents, could combine ingredients and create something to eat. I'm pretty sure I asked to borrow that book so many times she eventually just gave it to me. It still sits on my shelf with my other cookbooks to this day.

Food as fuel

Growing up, my family did not have a particular interest in cooking and the type of meals my mother cooked were usually meat and microwavable vegetables. I grew up in a small town in the Midwest that didn't have a lot of cultural diversity; it was pre-internet so recipe resources were mainstream magazines or the tiny cookbook section at the public library.

I became vegetarian when I was twelve. I think Lisa from *The Simpsons* was a small influence, and my brother telling me I couldn't do it! But my real interest in cooking was sparked because I was in a meat-centric culture and vegetarianism wasn't well known where I grew up. My mother struggled to feed me and would buy these hippie magazines with bad images and too much focus on health for a 12-year-old to get excited about. I spent the first few years eating a lot of bread, pasta, and peanut butter! When I became old enough, I would take the train into Chicago and visit the vegan diners and try to replicate the recipes at home. Obviously, once the internet made an appearance, it opened up a whole new world of resources for me.

Travelling to discover

Nowadays, I still love discovering new dishes and I travel a lot. I love to explore the farmers' market in each

town I visit, since two markets are never the same. I think the market tells you a lot about a city and can give a real insight into what thrives in those towns. My migas (a Spanish breakfast dish), potato pancakes and jambalaya were all inspired by trips I've taken. Of course, cooking disasters come with the territory as I get bored and want to test myself, and the best way to get out of the groove is to try new things. My disasters range from burnt caramel (I really struggle with this one!) to bland dressings.

Starting your blog

I started Vegetarian Ventures when I was in college. It was a great creative outlet because I was very anxious about graduating and found that writing soothed my fear of change (a little bit). The hardest part is starting out and sticking with it. Blogging takes persistence and you'll never get to that point where you feel really comfortable with your posts until you've written lots you aren't satisfied with.

So don't get discouraged when you don't like with how a post comes out, it means you have goals to work towards and can continue to grow. If you want to create your own blog, I say just go for it!

To find out more information, visit www.vegetarianventures.co.uk

STUFFED
PIMIENTO
CHEESE VEGGIE
BURGERS



STUFFED PIMIENTO CHEESE VEGGIE BURGERS



Makes 6 burgers
Ready in 40 mins, plus chilling

For the pimiento cheese

450g cheddar, grated
80g gherkins, finely chopped
100g pimiento peppers, finely chopped
80g mayonnaise
2-3 spring onions, chopped
salt and pepper

For the burgers

450g tin of chickpeas, drained
2 carrots
30g breadcrumbs
2 tbsp sunflower seeds
2 tbsp chickpea flour

For the topping

6 heirloom tomato slices
sliced onions (soaked in gherkin brine for 30 minutes to take away the bite)
1-2 gherkins
micro-greens

1 For the pimiento cheese, combine all the ingredients together. Cover the bowl and place in the fridge until they are ready to use.

2 For the burgers, add the carrots to a food processor and pulse until they are diced. Next, add in the chickpeas and sunflower seeds and continue mixing until everything is very finely chopped (and has almost turned into a paste). Transfer to a mixing bowl and fold in the breadcrumbs, salt and pepper.

3 Sprinkle the chickpea flour on a clean surface and use that area to divide the burger mix into six balls (making sure each ball is coated with a little bit of flour). Wrap the balls in foil and transfer to the fridge until chilled (about 30 minutes to an hour).

4 Once the burger mix is chilled, gently roll out each ball on a floured work surface and dab a tablespoon of pimiento cheese mix in the centre. Fold the outer edges into each other until the pimiento cheese centre is

completely sealed with the chickpea mixture. Wrap back up and transfer to the fridge. Repeat this process with the rest of the burger balls.

5 Place the burgers on the grill for a few minutes on each side but be careful with them as veggie burgers can fall apart easily. Top with whatever you fancy but I recommend toasting some baguette for the bun and topping with more pimiento cheese, onions, gherkins, tomatoes and micro-greens.

PER SERVING: 545 CALS, 40.66 FAT

GREEN MINISTRONE WITH KALE PISTACHIO PESTO



Serves 6
Ready in 30 mins

For the pesto

200g of kale
30g pistachio, shelled
4 tbsp olive oil
2 garlic cloves
salt and pepper

For the minestrone

350g green vegetables (I used broccoli, courgette, celery and peas)
1 lt gluten-free vegetable stock
1 leek, sliced (place the pieces in a bowl of water to remove any dirt caught in the rings)
1 tbsp olive oil
2 garlic cloves
50g dried pasta
salt and pepper



To garnish

chives
pumpkin seeds
vegetarian Parmesan-style cheese

1 For the pesto, blend all ingredients together in a food processor until a smooth, green paste forms. Season with salt and pepper.

2 Heat the olive oil in a large stockpot over medium heat. Add the garlic and leeks and sauté for two minutes or until fragrant. Next, add the green vegetables and sauté for another five minutes. Add the gluten-free vegetable stock and bring to a boil. Once boiling, add the pasta and cook for as long as the instructions on packet. Remove from the heat and season.

3 Divide the soup between bowls, swirl in some pesto. Garnish with chives, pumpkin seeds and vegetarian Parmesan-style cheese.

PER SERVING: 237 CALS, 18.16 FAT

CHOCOLATE ESPRESSO ALMOND BISCOTTI



Serves 4
Ready in 50 mins



ALSO
DELICIOUS
WITH
PEPPERMINT
TEA



50g almonds, chopped

1 Preheat oven to 170C/350F/Gas 4 and grease a baking sheet. Whisk together the flours, cocoa powder, coffee, cinnamon and salt. In the bowl of a stand mixer fitted with a paddle attachment, add the eggs and sugar and beat. Add the dry ingredients while the mixer is on medium-low setting, until a thick dough has formed. Add chopped almonds and chocolate chips and continue to beat.

2 Divide the dough in half and make two flattened logs on a baking sheet, bake for 25 minutes.

3 Let cool, transfer to a baking sheet, and cut 2.5cm diagonal slices and transfer the pieces back to the baking sheet. Bake for an additional 15-20 minutes. Serve with fresh coffee.

PER SERVING: 573 CALS, 16.86 FAT



125g flour
120g whole-wheat flour
45g cocoa powder
1 tbsp coffee grounds
1 tsp cinnamon
1/2 tsp salt
3 large free-range eggs
110g brown sugar
50g sugar
30g dark chocolate chunks, chopped



FREE for you online this month

Make your April all that more special with a little help from your favourite cookery website



WIN A PRIZE!

Send us a pic of what you're cooking this month via our Twitter account – @cookveg – and you could become next month's star letter!

FOLLOW US ON FACEBOOK

Get recipes, cookery tips and more by liking us on Facebook. Find us at www.facebook.co.uk/cookvegetarian



PLUS EASY DINNER IDEAS...

Log on to www.cookveg.co.uk for over 1,000 vegetarian, vegan and gluten-free meals and snacks. Search by what you have in the fridge, or get ideas from our gorgeous recipe collections.

DISCOVER 13 THINGS THAT ONLY VEGETARIANS DO

Do you get annoyed when people start tucking into the limited veggie option at a buffet? Find out 12 more things that will resonate with you if you're on a meat-free diet at www.cookveg.co.uk/onlyvegetarians



FREE MEXICAN RECIPES

Spice up your Saturday with our collection of 34 dinners that'll have your guests asking for seconds – www.cookveg.co.uk/mexican



www.cookveg.co.uk



Taste the goodness

OLIVADO Extra Virgin Avocado Oil



The story...

Olivado produced the world's first extra virgin avocado oil in New Zealand in 2000, and is now the largest producer of extra virgin avocado oil, sold in supermarkets in more than 30 countries.

In 2007 Olivado set up an organic and fair trade programme in Kenya's Central Highlands, training small farmers in organic, sustainable techniques to help provide a market for their avocado crops. Olivado's Organic Fair Trade programme has increased the standard of living of more than 8000 people.

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The smooth, mild taste of ripe avocado. It's perfect for gentle heating, but its smoke point of 255°C makes it the best cooking oil available.

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- Dips, sauces and marinades

The goodness...

Avocado oil is one of the healthiest and most versatile cooking oils available.

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Something sweet to ward off viruses and organic buys you'll love

Chef says...

"Eat raw manuka honey little and often when you feel a sore throat coming on. It is antibacterial and full of good enzymes and antioxidants that will support your immune system to fight off any nasty bugs."



Amber Rose,
CO-AUTHOR OF *NOURISH
MIND BODY & SOUL*
(£19.99, KYLE BOOKS).



BUCKWHEAT PORRIDGE WITH BLUEBERRIES, YOGHURT & MANUKA HONEY



Serves 3
Ready in 50 mins

For the porridge * 200g buckwheat groats * 1 tsp cinnamon * 1/2 tsp ground ginger * 1 handful of sultanas * 230ml water * 480ml unsweetened almond milk * 1 pinch of salt

For the topping
* 150g blueberries * 40g toasted flaked almonds * 1-2 tbsp plain yoghurt * 1 tsp Steens 10+ Raw Manuka Honey

- 1 Start by soaking the buckwheat groats in water overnight. Drain and rinse the seeds. Place into a saucepan along with the spices, sultanas and the water. Bring to the boil then reduce the heat and cover with a lid. As the groats start to absorb the water, add half of the milk, stir, cover and allow to simmer.
- 2 When more of the liquid is absorbed, add the rest of the milk and keep simmering until thick.
- 3 While the buckwheat is cooking prepare the blueberries. Place them in a small saucepan with 1-2 tablespoons of water and place on a medium heat. Allow to come to the boil then turn down the heat and simmer until you have a syrupy juice. Remove from the heat.
- 4 When you are ready to serve, place the porridge into the bowls and top with the lightly cooked blueberries, a dollop of yoghurt, a sprinkle of flaked almonds and the honey.

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IF YOU'RE GOING TO SPEND A LITTLE EXTRA ON ORGANIC, THESE STAPLES ARE WORTH IT



Healthy spray

The Groovy Food Company Organic Cooking Spray with Virgin Organic Coconut Oil, £2.50 from Tesco, is the first coconut oil spray and is great for frying, roasting and baking. The spray helps you portion control, making it great for dieting.



Nuts for flour

Organic Tigernut Flour, £2.70 for 500g, is a delicious grain-free flour that can be eaten raw or used in baking instead of nuts. We love it sprinkled on muesli and topped up with almond milk. For more information, visit www.artisanbread-abo.com



Taste hero

If you like dairy-free yoghurts, you'll love the new Provamel Soya-Almond, and the Provamel Soya-Coconut plant-based alternatives to yoghurt (£1.99 each, Ocado). They're both high in protein and free from sugars and gluten.



200 calorie Scrumptious Lunches!

Prepare to be the envy of your workplace
with these uniquely delicious – and
lower calorie – lunch ideas

**SUPER FILLING
SALAD!**



“Wraps are very versatile and make great finger food. If you’re eating them as a packed lunch, make them up in advance and just use the tortillas straight from the packet – there’s no need to warm them. Always check the labels carefully when you buy tortillas and wraps because they vary enormously in size, weight and calories. In general, the cornmeal and wholewheat varieties have fewer calories than the soft white ones”

CHICORY, PEAR AND STILTON SALAD



Serves 2

Ready in 10 mins

2 heads white or red chicory, sliced thinly into rounds
1 medium ripe pear, cored and thinly sliced
1/4 red onion, finely chopped
1 ripe baby avocado, peeled, stoned and diced
30g vegetarian Stilton, diced
small bunch of parsley, finely chopped
3 tbsp oil-free vinaigrette dressing
1 tsp honey mustard
juice of 1 lemon
salt and freshly ground black pepper

1 Mix the chicory, pear, onion, avocado, Stilton and parsley together in a bowl.

2 Blend the dressing with the mustard and lemon juice and season with salt and pepper; either whisk together in a bowl or shake together in a screw-top jar until emulsified.

3 Pour the dressing over the salad and toss gently together. Serve the salad immediately.

PER SERVING: 200 CALS, 14G FAT

OR TRY THIS...

Instead of a pear, use a medium-sized juicy red-skinned apple, such as Cox's or Braeburn. Core and cut into small chunks. Substitute Dolcelatte for Stilton and the calories remain the same. However, if you use Stilton, you will add approximately 10 calories and 1g fat per serving.



REFRIED BEAN TORTILLA WRAPS



Serves 2

Ready in 15 mins

200g can refried beans
3 spring onions, chopped
1/4 cucumber, diced
few fresh coriander sprigs, chopped
2 x 30g wholewheat tortillas
handful of shredded iceberg lettuce
2 tbsp low-fat tomato salsa
2 tbsp virtually fat-free fromage frais



OR TRY THIS...

For a more peppery flavour, use watercress or rocket instead of iceberg lettuce.

PUMPKIN SOUP WITH TORTILLA CHIPS



Serves 4
Ready in 45 mins

spray oil
1 onion, thinly sliced
2 garlic cloves, crushed
1 tsp smoked paprika
675g pumpkin, peeled, deseeded and cubed
750ml hot vegetable stock
60ml low-fat crème fraîche
freshly ground black pepper

To serve

few fresh chives, snipped
45g tortilla chips, roughly crushed
60g coarsely grated low-fat Cheddar cheese

1 Spray a large pan lightly with oil and place over a very low heat. Add the onion and garlic and cook very gently, stirring occasionally to prevent them sticking to the pan, for about 15 minutes, or until tender and starting to caramelize. Stir in the paprika.

2 Add the pumpkin and hot stock and bring to the boil. Reduce the heat to a simmer, cover the pan and cook gently for 15-20 minutes, or until the pumpkin is tender.

3 Blitz the soup in a blender or purée in the pan with a hand-held electric blender until really smooth. Stir in the crème fraîche and season to taste with pepper.

4 Ladle the hot soup into bowls and serve immediately, sprinkled with chives, tortilla chips and grated cheese.

PER SERVING: 200 CALS, 7.5G FAT

BOOKSHELF

Recipes taken from *Quick & Easy Low Calorie Cookbook** by Heather Thomas (£14.99, Pavilion).
Photography by Clare Winfield.

*INCLUDES NON-VEGETARIAN CONTENT

**HEARTY
PUMPKIN SOUP!**

“A warming substantial soup that tastes and looks amazing. Measure out the tortilla chips carefully and check the nutritional information on the packet before buying, as the calorie and fat content can vary significantly depending on the brand”

lime wedges, to serve

- 1** Preheat the oven to 190C/375F/ Gas 5, if using.
- 2** Mix the refried beans with the spring onions, cucumber and coriander.
- 3** Warm the tortillas on a ridged griddle pan set over a low heat or wrap them loosely in foil and warm

them in the oven for five minutes.

- 4** Pile the shredded lettuce in the centre of each tortilla and top each with the refried bean mixture and a tablespoon each of tomato salsa and fromage frais. Roll up like a cigar or fold the ends in to enclose the filling and then roll up. Serve immediately, with lime wedges.

PER SERVING: 200 CALS, 4G FAT

LOW-FAT SNACKS

Don't give in to the biscuits! For a lighter nibble, try these delicious options instead



YU! FRUIT STARS, £2 FOR FIVE, SAINSBURY'S

If you need a little help to get your five-a-day, but also suffer from a bit of a sweet tooth, try these little treats from Yu! Nothing other than pressed fruit, the sweets come in mango, strawberry and raspberry flavours. Plus, they're high in fibre, contain no added sugar and are suitable for vegans.



INSPIRAL INCAN BBQ KALE CHIPS, £2.19, PLANET ORGANIC

If you think kale chips are only for the healthiest-living among us, think again. These kale chips, with their smoked paprika BBQ-style seasoning are wonderfully addictive.



FREEDOM CONFECTIONERY MARSHMALLOWS, £2.49, HOLLAND AND BARRETT

Freedom Confectionery's marshmallows have been created using a new binding agent made from natural extracts, which means that unlike virtually all other confectionery products, they contain no gelatine. The marshmallows are also gluten-, nut-, dairy- and egg-free. Approved by the Vegetarian Society, Vegan Society and Coeliac UK and have a 12-month shelf life.



VBITES' WOT NO DAIRY DESSERTS, 59P, SELECTED HOLLAND & BARRETT SHOPS

Vbites' Wot No Dairy Desserts are tasty snacks that are dairy-, soya- and cholesterol-free, with no GMOs, hydrogenated fats or artificial colours. You can choose from Raspberry, Peach & Apricot, Black Cherry, Strawberry and Plain. They can be stored in your dry cupboard or in your fridge too.

HODMEDOD'S ROASTED FAVA BEANS, £2.25, WWW.HODMEDODS.CO.UK

Hodmedod's Roasted Fava Beans are available in a range of flavours; we love the Sea Salt and Cider Vinegar variety. The British-grown beans (also known as broad beans) are roasted in rapeseed oil then seasoned with sea salt and cider vinegar. They're a great source of protein and fibre, and have less than a third the fat of most roasted nuts.





Tigernut Products

- Nutty taste without nuts!
- Chocolate drops that aren't chocolate!
- Sweetness that is not from sugar!
- No gluten, no eggs!



Cup Cakes



Miracle Cake organic



Tigernut flour organic



Tigernut Cookies



Cake bites organic

“ Whether you're gluten-intolerant, allergic to eggs, or simply after an indulgent treat that's good for you too, Artisan Bread has it all ! ”

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"INDIAN IS THE BEST CUISINE FOR VEGETARIANS"

TV chef **Anjum Anand** talks to Cook Vegetarian about her love of vegetarian cuisine

What's your favourite vegetarian dish?

I love all lentil dishes and I tend to gravitate towards them when I'm eating out in restaurants. You'll also find me cooking lots of dhal at home, which is a guaranteed crowd pleaser!

What's the first dish you remember cooking?

I remember, aged eight or so, helping my mother in the kitchen making samosas. It was away from the fire so it was safe and I was tasked with filling and making them into pretty small triangular shapes. I also have fond memories of lots of baking. Some of my creations were successful and some were, well, experimental to say the least.

Who inspires your cooking?

I get really excited by what I eat on my travels or by what I read or watch on television. I find people who are natural cooks very inspiring and I try to visit as many street food stalls as possible, as they cook the same dish day in, day out; they become the best experts at their particular style of cooking.

What's your biggest foodie disaster?

About a decade ago I planned to have some friends over for dinner. I'd recently returned from Los Angeles and decided to cook a Californian menu with lots of new dishes I had never cooked before – I was really excited by it! After a morning of shopping, prepping and cooking, I burst into tears as a couple of the dishes weren't turning out as I had hoped. Substandard dishes just weren't acceptable! My husband took one look at me and called all of our guests and informed them that we were taking them out to dinner. I learnt a vital lesson that day; dinner parties are about meeting friends and having a good time, not creating a cutting-edge, adventurous menu. Now I keep the food simple but tasty, I don't take on too much and have learnt that there's no need to stress if the dish could've been better!

Why should vegetarians give Indian cooking a go?

It is the best cuisine for vegetarian dishes, as Indians have been eating meat-free meals for centuries. I feel they have perfected the art of veggie cooking, making sure that meals are tasty, balanced, healthy and varied.

TV CHEF ANJUM ANAND IS DETERMINED TO MAKE INDIAN COOKING FRESHER, LIGHTER AND SIMPLER TO COOK

ANJUM'S STORE CUPBOARD ESSENTIALS

ONIONS

Onions are an essential asset to many varieties of curries where they are often fried very slowly until soft and 'brown'. It's always best to thinly slice the onions, which will break them up and help to release a natural sweetness. Make sure that you fry them well – it will help to create a lovely, deep flavour base.



GARLIC

Garlic is integral to your Indian dishes and you can prepare it in a variety of different ways. There are some great options: keep things traditional with freshly chopped garlic; crush it into a garlic paste; slow cook the garlic in oil; fire roast your garlic over a stove; or use garlic flakes that you can purchase in the supermarket. Each method will modify your dish in a subtle yet intriguing way.

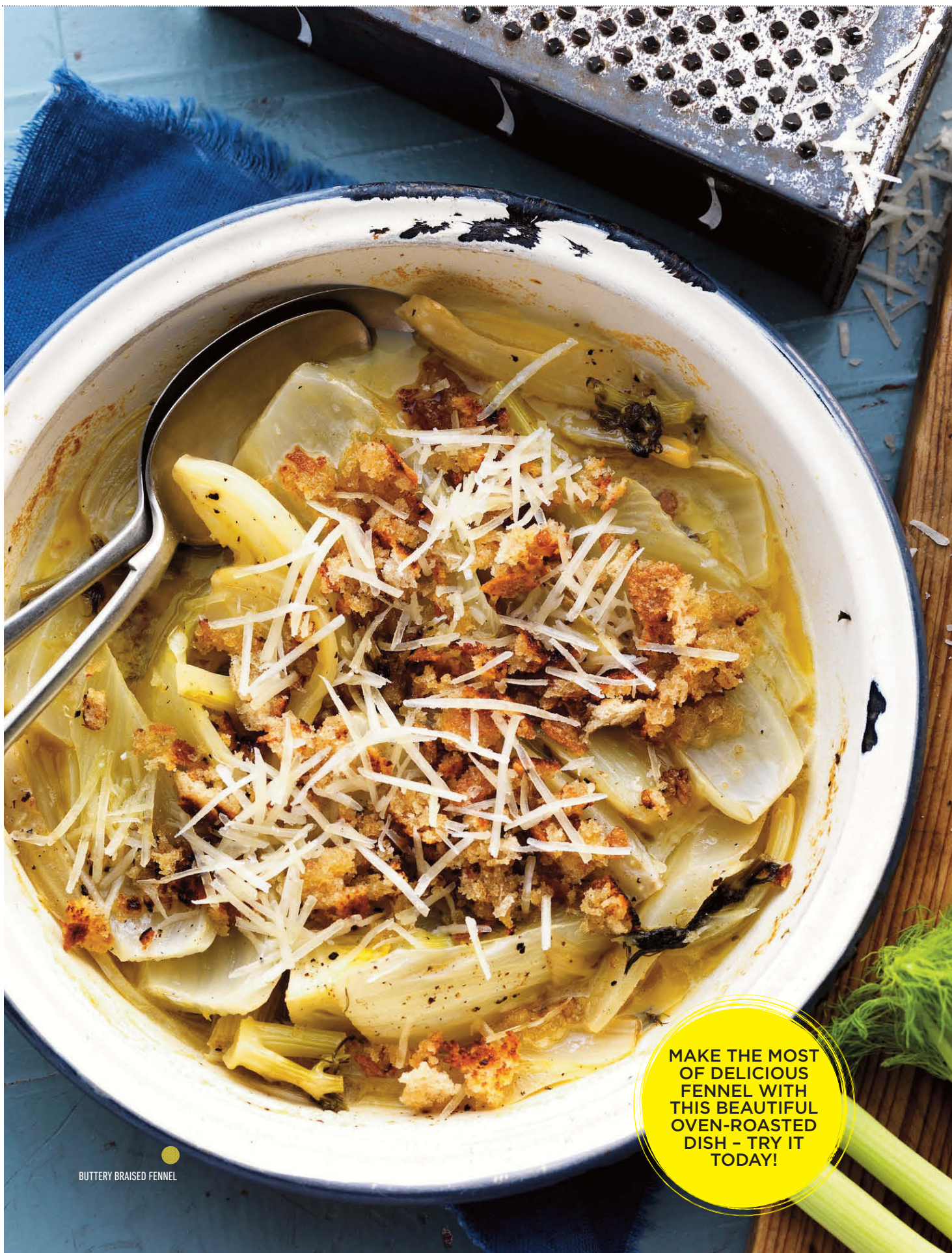


GINGER

Ginger is used heavily in Indian cooking, not just because of its vibrant taste and smell, but for its useful health benefits too. Also, merging ginger and garlic to make a thick paste is a staple ingredient to North Indian cooking. Give it a go!



"I find people who are natural cooks very inspiring and I try to visit as many food stalls as possible"



BUTTERY BRAISED FENNEL

MAKE THE MOST
OF DELICIOUS
FENNEL WITH
THIS BEAUTIFUL
OVEN-ROASTED
DISH - TRY IT
TODAY!

Your Midweek COOKBOOK

Look forward to dinner every night of the week with these family-friendly dishes

Monday

VALENTINE WARNER'S GARDEN SOUP WITH LOVAGE MAYONNAISE



Serves 4

Ready in 25 mins, plus chilling

For the soup

- 2 tsp sunflower oil, plus extra for brushing
- 2 medium banana shallots, finely diced
- 1kg ripe tomatoes
- 1 tsp flaked sea salt
- 2 garlic cloves, finely grated
- 50ml vegetarian white wine
- 100ml vegetarian stock
- 2 tbsp tarragon leaves, roughly chopped
- 4 spearmint leaves, thinly sliced
- 4g fresh dill fronds, finely chopped
- 6 chives, finely sliced
- 4 baguette slices

For the Lovage Mayonnaise

- 2 medium free-range egg yolks
- 1½ tsp mustard powder
- 200ml sunflower oil
- 2 tsp white wine vinegar
- 2 tsp lemon juice
- ½ tsp caster sugar
- 12 lovage leaves, finely chopped
- sea salt

- 1 To make the mayonnaise, whisk the



GARDEN SOUP WITH LOVAGE MAYONNAISE

free-range egg yolks and mustard powder together in a small bowl. Continue to whisk while slowly adding the oil in a very thin stream, until the mixture is thick.

2 Beat in the vinegar and lemon juice to taste, along with one teaspoon of warm water. Stir in the sugar and season with a little more salt than you may think in order to really bring out the taste. Stir in the lovage and chill until needed.

3 To make the soup, heat a medium-sized saucepan and add the oil. Gently sauté the shallots on a very low heat for 10-12 minutes or until totally tender and still transparent.

4 Meanwhile, remove the cores from the tomatoes and criss-cross the underside of the tomatoes with a sharp knife. Place in a heatproof bowl

and cover with boiling water to blanch. Leave for one minute before draining and removing the skins. Chop the tomatoes very finely and put all the pulp, juice and seeds back into the bowl. Add the sea salt, cover with clingfilm and chill until needed.

5 Add the garlic to the sautéed onions and gently cook for one minute, before pouring in the wine. Simmer until the wine evaporates and then do the same with the vegetable stock. Stir the mixture into the chilled tomatoes and add the tarragon, dill, spearmint and chives. Chill for at least one hour, so the flavours develop

6 Preheat the grill, then brush the baguette slices with oil. Grill them for one minute on each side. Divide the soup between four bowls, top with the grilled baguette crouton and the lovage mayonnaise.

PER SERVING: 612 CALS, 51.96 FAT

Tuesday

BUTTERY BRAISED FENNEL



Serves 4

Ready in 1 hr

750g fennel bulbs, trimmed, halved, trimmings reserved

75g Kerrygold butter

3 tbsp dry vegetarian white wine

25g vegetarian Parmesan-style cheese, grated

1 tbsp butter

25g breadcrumbs

1 Preheat the oven to 170C/325F/Gas 3. Melt the butter in a casserole dish over a low heat. Place the fennel into the butter, cut-side down, and scatter around the trimmings. Season with salt and freshly ground black pepper, then increase the heat.

2 Add the wine, and put the lid on top. Place into the oven to cook for 30 minutes. Remove the dish from the oven and turn over the fennel. Return to the oven and cook for a further 30 minutes.

3 Melt the butter in a frying pan, add the breadcrumbs and stir occasionally until the breadcrumbs are golden and crunchy. Tip the breadcrumbs over the fennel and sprinkle over the vegetarian Parmesan-style cheese.

PER SERVING: 267 CALS, 20.1G FAT

Wednesday

PESTO AND GOAT'S CHEESE MUSHROOM BURGER WITH CARAMELISED SHALLOTS



Serves 2

Ready in 25 mins

2 large Portobello mushrooms
8 shallots, peeled and quartered
4 tbsp vegetarian pesto, plus a little extra
1 tsp olive oil
1/2 tsp sugar
85g round soft goat's cheese
2 ciabatta rolls

1 Preheat the oven to 200C/400F/Gas 6. Remove the stalks from the mushrooms and chop them very finely. Finely chop one of the shallots and mix it into the pesto with the mushroom stalks. Place the whole mushrooms gill side up on an oiled baking tray, fill with the pesto mix and cook for approximately 15 minutes until softened.

2 While they are cooking, place the shallots in a pan with the olive oil and sugar and cook over a low heat until softened and lightly caramelised.



SPINACH,
POTATO AND
COURGETTE
FRITATTA

RECIPE COURTESY OF WWW.UKSHALLOTS.COM

3 Top the mushrooms with the goat's cheese and return to the oven alongside the ciabatta for a few minutes until the cheese is beginning to melt and the bread is warmed through.

4 Serve in the split ciabatta topped with the shallots and an extra drizzle of pesto.

PER SERVING: 590 CALS, 36.5G FAT

Thursday

SPINACH, POTATO AND COURGETTE FRITATTA



Serves 4

Ready in 30 mins

1 tbsp vegetable oil
6 spring onions, sliced
1 large courgette, sliced
400g cooked new potatoes, chopped into chunks
75g frozen peas
2 handfuls young spinach leaves
6 free-range eggs

3 tbsp milk

50g mature vegetarian Cheddar cheese, grated

1 Preheat the grill. Heat the oil in a non-stick frying pan. Add the spring onions, courgette and potatoes and cook on the hob for 4-5 minutes, stirring often. Add the peas and spinach and cook for 2-3 minutes, to wilt the leaves.

2 Beat the eggs and milk together, season, then pour into the frying pan. Cook over a medium-low heat for 4-5 minutes to set the base, then sprinkle the cheese on top. Transfer to the grill for about 4-5 minutes to set the surface. Remove from the heat and allow to cool.

PER SERVING: 272 CALS, 14.1G FAT

Friday

ROASTED PEPPER RISOTTO



Serves 4

Ready in 1 hr



DOUBLE THE
QUANTITIES OF
THIS RISOTTO -
IT'S FABULOUS
REHEATED FOR
LUNCH THE
FOLLOWING DAY

ROASTED RED
PEPPER
RISOTTO

PESTO AND
GOAT'S
CHEESE
MUSHROOM
BURGERS

PERFECT VEGGIE BURGER

25g risotto rice
2 red peppers, halved and
deseeded
1 tbsp olive oil
1 onion, chopped
2 garlic cloves, crushed
2 tomatoes, deseeded and chopped
6 sundried tomatoes in oil, drained
and chopped

RECIPE COURTESY OF WWW.UKSHALLOTS.COM

450ml hot gluten-free
vegetable stock
150g Greek style natural yoghurt
2 tbsp fresh parsley, chopped
3 tbsp vegetarian Parmesan-style
cheese
freshly ground black pepper

1 Place the red pepper halves, cut side down on a baking sheet and grill under a high heat for 15 minutes until the skin is blackened. Remove from the oven and place in bowl. Cover with clingfilm and leave until cool enough to handle.

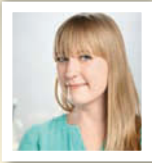
2 Peel off the skins and discard. Cut the peppers into long strips and set aside. Heat the oil in a pan and sauté the onion and garlic until soft. Add the rice, tomatoes, sundried tomatoes, peppers and a little stock. Bring to the boil then lower the heat and simmer for 20 minutes, adding the stock a little at a time and stirring occasionally until the rice is cooked through.

3 Stir through the yoghurt, parsley and cheese. Season with freshly ground black pepper. Spoon into bowls and sprinkle over a little more cheese to serve.

PER SERVING: 176 CALS, 9.6G FAT

COOKERY SCHOOL

Harness the flavours of Asia with our gourmet know-how



There is arguably no better continent in the world for veggies than Asia. From the Far East with its delicious tofu, to India – the country with the highest number of vegetarians in the world – Asia is a place of flavourful dishes.

And it's wonderful for vegans too. Unlike the rest of the world, its cuisines don't use a lot of dairy, and whenever I need to cut down on my cheese intake, I look to Asia for inspiration.

With that in mind, in these pages we've taken a trip to the East and gathered together all our favourite culinary tips and skills to better your cookery. We've discovered the best easy stir-fry sauces for the ultimate in healthy fast food; we've uncovered veggie ingredients that will open up your Asian repertoires; and uncovered top advice for making your best ever curry, meaning this weekend you can ditch the takeaway menus.

WE LOVE

*Vegetarian
Oyster Sauce*



Made by the family who originally invented oyster sauce, this vegetarian alternative provides just the same umami-rich flavour. Get yours for just £3 from www.souschef.co.uk

THE ESSENTIAL RECIPE

Perfect Rice

Measure the rice in volume using either cups or a measuring jug. Place in a sieve and rinse really well until the water runs clear (this removes the starch which can make rice sticky). Pop in a suitably sized saucepan with a pinch of salt and double the volume cold water. Bring the water to the boil then turn the heat down to its lowest setting. Place a lid on the saucepan and cook for 10 minutes. Check the rice and cook for longer if required.



3 MUST-MAKE STIR-FRY SAUCES

WHETHER YOU'RE AFTER A QUICK DINNER OR NEED TO CLEAR OUT THE FRIDGE, THESE SAUCES WILL SEE YOU RIGHT



LEMON & GINGER

Whisk together 200ml stock with 2 tbsp Kikkoman soy sauce, 1 tsp sesame oil, juice of 1/2 lemon, 1 tsp grated ginger, 2 crushed garlic cloves with 2 tsp flour.



STICKY SOY & FIVE SPICE

Mix together 1 tsp Chinese five-spice powder, 3 tbsp Kikkoman Soy Sauce and 1 tbsp maple syrup. Pour over your stir-fry and add a sprinkle of sesame seeds.

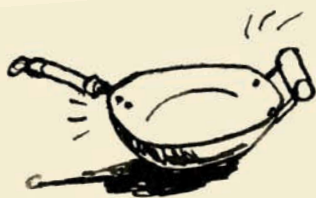


CLASSIC SWEET & SOUR

Blend together 2 tbsp each ketchup, Kikkoman Soy Sauce, white wine vinegar, sugar and cornflour. Add 2cm piece grated ginger and 300ml pineapple juice.

Master: SEASONING A WOK

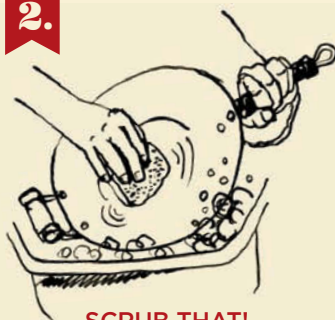
1.



WHICH WOK?

Buy a cheap wok – it will conduct heat better for quicker cooking.

2.



SCRUB THAT!

Give it a really good clean and a scrub to remove the protective coating.

3.



GET SMOKIN'

Heat the wok until brown patches appear (these are heat spots). Keep the windows open, it will smoke.

4.



GET YOUR COAT ON

Using tongs holding paper towel, cover the wok in a thin coating of vegetable oil and heat again for 15 minutes. To keep the seasoning, simply wash in water after you use it.

NEVER LEAVE THE WOK UNATTENDED.

Make your best ever... CURRY



Indian chef, Padmaja Kochera, shares her top four tips to achieving a perfect curry, every time

1 Cook your onions correctly. The onions need to be browned, almost dark brown (but not burnt!), so they can disintegrate easily and later form a base that will thicken the dish and create a lavish sauce.

2 Use freshly ground spices to achieve the best possible flavour. Powered spices just aren't the same.

3 Check the shelf-life of your spices. Don't use any that have been opened for longer than six months.

4 Ginger garlic paste is a vital ingredient in Indian cookery and is simple to make. Blend three to four bulbs of garlic with a large piece of ginger root and add oil to form a paste. You can store this in the fridge for up to two weeks, or freeze in small portions.

PADMAJA KOCHERA TEACHES INDIAN COOKERY AT HER HOME IN BENTLEY, ESSEX, AND AT COOKERY SCHOOLS IN ESSEX. FOR MORE INFO ON HER COURSES, OR TO DISCOVER HER RECIPES, VISIT WWW.COOKWITHPADMAJA.CO.UK

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Lock & Lock Spice Store £9.99, www.lakeland.co.uk

Store spices correctly and they'll stay more pungent for far longer, which is why we love this sturdy Lock & Lock Spice Store from Lakeland.

TADKA DAAL

Serves 2-4, with roti or rice

Ready in 1 hr

250g yellow lentils
600ml water
1 tbsp coconut oil
1 heaped tsp cumin seeds
2 tsp crushed garlic
2 tsp very finely chopped ginger
2 tsp very finely chopped chilli
2 tomatoes, chopped
½ tsp turmeric powder
½ tsp cumin powder
1 heaped tsp sea salt
4 tbsp fresh coriander leaves

1 Rinse the lentils under cold running water 4-5 times. Using a medium saucepan, bring the 600ml water to the boil then add lentils and cook over a medium heat for 20-30 minutes until lentils are tender.

2 In a large, non-stick pan, place the coconut oil and then add the cumin seeds. Once golden brown, add the ginger, garlic and chilli, stir for one minute and then add the chopped tomatoes. Now you can pour in the boiled lentil mix and add turmeric and cumin powder, as well as the salt and a handful of fresh coriander.

3 Let this simmer for around 15 minutes. Remove from the heat and check the seasoning.

4 Serve hot with a sprinkle of the remaining coriander.



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FOR MORE RECIPES AND INFO ON THE RELEASE OF MIRA MANEK'S BOOK 'GREEN DAAL STORIES' GO TO: WWW.MIRAMANER.COM OR @MIRAMANER

“There’s something truly heart-warming about daal, especially yellow tadka daal, infused, enlived and transfixed with garlic, ginger and chillies. It’s a dish I can eat along, with no roti and no rice, bowl after bowl after bowl”

FOOD HISTORY

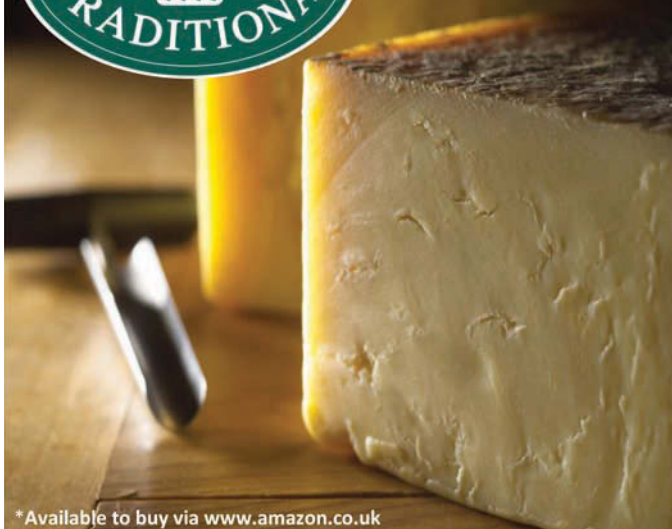
While everyone can agree that tofu was invented in China, like the invention of cheese, no one is quite sure of its exact origins.

It has been commonly produced and consumed in China since 2BC, although not in the same forms it’s enjoyed today. Before refrigeration, tofu was only sold in the winter times, as in summer it would spoil after a day, and the rise in use of tofu coincided with the rise of Buddhism, as it was an important source of veggie protein for the religion’s sometimes meat-free diet.



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AskROSE

Let Rose in the kitchen to answer your culinary questions. This month, purple sprouting broccoli, soggy crusts and meat alternatives are up for discussion



Q I WOULD LIKE TO TRY PURPLE SPROUTING BROCCOLI BEFORE IT GOES OUT OF SEASON NEXT MONTH. WHAT'S THE BEST WAY TO SERVE IT?

A Purple sprouting broccoli is delicious – and really easy to prepare. Just trim the stems and whiz a potato peeler down the lower part of them to remove any toughness, and you're good to go. You can add the broccoli to a stir-fry, or steam it, or cook it in just a little water, so it half steams, half boils. Put a lid on the pan and cook for a few minutes until you can pierce

the stems easily with the point of a knife. You can serve it like asparagus with melted butter and a wedge of lemon, or with a hollandaise sauce to dip it in, or you can go the Asian route and toss it with a tablespoonful of toasted sesame oil, a splash of shoyu, and a scattering of sesame seeds. You could even add some chunks of marinated or fried tofu to make it into a main course.



Q THE BOTTOM OF MY PIE CRUST ALWAYS TURNS OUT SOGGY. HELP!

A Oh dear, those soggy bottoms! With a flan, 'blind bake' the pastry case first (20 minutes at 200C/375F/Gas 6, then stand it on a baking sheet when you finish cooking it with the filling). Or, you can try baking the case as described, then, the moment it comes out of the oven, 'waterproof' it by pouring two tablespoons of boiling hot rapeseed oil into the base.

This will almost 'waterproof' the pastry so it stays crisp. With pies, you could put the bottom crust into the dish and give it a preliminary bake – a bit like baking blind – then add your filling and top crust and bake as usual. I have been known to take a cooked pie out of its dish and cook it for a bit in some oil in a frying pan if I fear soggy.



Q MY PARTNER IS PRETTY ATTACHED TO HIS MEAT-EATING WAYS, BUT I WANT TO PROVE THAT VEGGIE DISHES CAN BE JUST AS SATISFYING. WHAT SHOULD I COOK HIM?

A You can make delicious veggie versions of so many meat dishes, so flavour and texture are not really the problem, it's more about perception. It's often the more traditional veggie dishes that seem to hit the spot, yummy red bean chilli with fajitas, and all the trimmings (such as

avocado and sour cream); tasty vegetable curries with rice, naan or poppadums and chutneys. Or, a good double-crystal pie, is difficult to resist, too: a mixture of cheese and onion, or veggie 'meat' pieces in rich onion gravy, topped with melt-in-the-mouth pastry.



RISE AND SHINE

What does Rose Elliot start the day with? Here, she shares her favourite breakfast options:

1 A big bowl of fresh fruit. My favourite combination is mango, cherries, Cox or Russet apples, plus sweet and easy-peel citrus fruit.

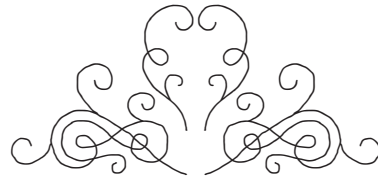
2 If I'm in a rush, 1-2 large bananas will do as I'm running out of the door.

3 Plain, unsweetened soya yoghurt with freshly-ground golden flax seeds, chopped walnuts and a swirl of flaxseed oil.

4 Raw organic porridge oats with water or soya milk, seeds and nuts, plus juicy raisins, and a drizzle of honey.

5 Sizzling omelette with fillings such as mushrooms, chopped herbs or cheese.

Have you got a question to ask Rose? Email rose@cookveg.co.uk or find us on Twitter or Facebook



Breaking Bread

Try these sensational bread recipes from food writer Anne Shooter, which are sure to get everyone to the table on time



“Apples, honey, almonds, figs, pomegranates, cinnamon, orange zest, sesame, lemons and vanilla. These are the scents that filled the kitchen when I was growing up and the flavours of the food I was brought up eating. They are ingredients from all over the world, brought together in the home where I lived in Romford, East London, with my mum and dad and younger twins brothers.

“In my family, every festival was (and still is) an opportunity to get together with family and friends to eat. But aside from food, there are other common Jewish traits that are ever-present on such occasions – warmth, noisy conversation and, certainly in the Shooter household, much laughter. (Obviously there is the occasional humdinger of a row too, but let’s not dwell on them.) “The Jews’ obsession with food is written into their theology and culture. For the observant, there is a prayer for every morsel and a rule for every conceivable bite or swallow. Every festival is linked to particular foods, and every weekly Sabbath (Shabbat) revolves around food; there is even a requirement to fit in an extra meal at teatime.”

ONION PLETZELS



Makes 10–12

Ready in 1 hr 5 mins (plus 45 mins rising)

4 onions, finely chopped
30ml sunflower oil, plus extra for frying and greasing
3 tbsp poppy seeds
500g strong white bread flour

7g instant yeast
3 tsp salt
2 tsp sugar
200ml warm water
100ml warm milk

1 Fry the onions gently in a little sunflower oil until meltingly soft but not coloured, around 20 minutes. Stir in the poppy seeds and cool to room temperature. Set aside until needed.
2 Mix the flour, yeast, salt, sugar, water, milk and oil together in a large bowl.

Knead for about 10 minutes using a free-standing mixer with a dough hook, or tip onto a lightly floured work surface and knead for 15 minutes by hand, until it’s smooth and elastic.

3 Divide the dough into 10–12 portions. Mould into the shape of pletzels by forming balls, then flattening them slightly with the palm of your hand. Place on a lightly greased baking sheet around 2cm apart. Form a deep dimple in the middle of each pletzel with your fingers and fill it with a tablespoon of the onion and poppy seed mixture.

4 Cover the pletzels with oiled clingfilm and leave somewhere warm to prove for 45 minutes, until they are puffy and just touching each other.

5 Meanwhile, preheat the oven to 250C/475F/Gas 9.

6 Bake for 25 minutes, or until brown and cooked through. Cool on a wire rack, then pull apart to eat.

PER SERVING (12 SERVINGS): 153 CALS, 0.86 FAT

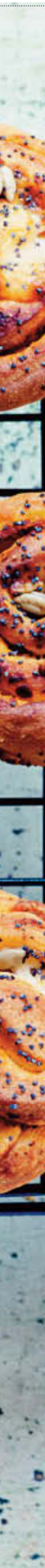
TOMATO, FETA AND TAPENADE ‘FOCACCIA’



Makes 10

Ready in 1 hr 20 mins (plus 30 mins proving)

1 kg strong white bread flour
5g instant yeast
2 tsp salt
650ml tepid water
50ml olive oil, plus extra for drizzling and greasing
165g jar of vegetarian black





“Is it a cake? Is it a bread? To be honest, it’s somewhere in between. I ate something similar in Kadosh, the most gorgeous Tel Aviv bakery, where I would spend my whole life if I lived in Israel. I like to serve a basket of these soft, doughy, savoury rolls with a soup or salad lunch”



BOOKSHELF

Recipes taken from *Anne Shooter's Sesame & Spice** (£25, Headline).

*INCLUDES NON-VEGETARIAN CONTENT

*INCLUDES NON-VEGETARIAN CONTENT

“In Israel, every bakery and cafe sells what they call ‘focaccia’, but that bears no resemblance to the dimpled, Italian, squishy breads”

olive tapenade
6 tomatoes, thinly sliced
200g feta cheese
fresh thyme leaves

- 1 Put the flour, yeast and salt in the bowl of a freestanding mixer or in a large mixing bowl. Make a well in the centre, pour in 100ml of the tepid water and the olive oil and mix in slowly.
- 2 Little by little, add the rest of the water, stirring all the time, allowing the flour to absorb the water before adding more or you will end up with a sloppy mess. Be patient – this might take about half an hour. By the end, your paste-like dough will have been kneaded well and will be smooth and elastic, though still very wet.
- 3 With oiled hands, divide the dough into 10 equal portions and work each piece into a flat shape, around 20cm long. Place on two lightly oiled baking



sheets, covered with oiled clingfilm, and allow to prove for around 30 minutes, or until a little puffed but still pretty flat.

- 4 Meanwhile, preheat the oven to 220C/425F/Gas 7.
- 5 Spread each flatbread with tapenade and top with slices of tomato. Crumble over a little feta, scatter with thyme leaves and drizzle a few drops of olive oil over the top.
- 6 Bake for about 8-10 minutes, until the base is cooked through.

PER SERVING: 500 CALS, 16G FAT

SUNDRIED
TOMATO AND
GOAT'S CHEESE
BABKA BUNS

Makes 24

Ready in 1 hr (plus 1 hr rising)

400g plain flour, plus extra for kneading and rolling
30g sugar
10g instant yeast
1/2 tsp salt
120ml tepid milk
1 free-range egg, plus 3 yolks, beaten
115g butter, cut into small pieces, plus 2 tbsp melted butter, plus extra for greasing
3 tbsp sun-dried tomato paste
150g crumbly, mild goat's cheese
freshly ground black pepper
sunflower and poppy seeds

- 1 Lightly grease two 12-hole muffin tins. If you wish, you can use baking parchment to line each hole in the pan, too – this is worth doing as it looks great as well as making the babkas easier to remove, but it isn't essential.
- 2 Put the flour, sugar, yeast and salt into a bowl and stir to combine. In a separate bowl or jug, mix the milk with the egg and yolks, then add to the dry ingredients and stir well.
- 3 Knead for about 10 minutes using a free-standing mixer with a dough hook, or tip onto a lightly floured work surface and knead for 15 minutes by hand, until you have a soft, smooth, elastic dough.
- 4 Add the butter pieces a little at a time, incorporating each addition before adding the next. The dough should become silky and shiny.
- 5 Divide the dough into two and roll each piece into a rectangle around 40x25cm on a floured surface. Spread half the sundried tomato paste on each rectangle of dough and crumble the goats' cheese over the top. Grind a little pepper over.
- 6 Roll each rectangle up tightly, like a Swiss roll, and cut each into 12. Place a babka roll into each of the muffin-tin holes, pushing it in firmly. Brush the top of each roll with the melted butter and sprinkle with sunflower and poppy seeds. Cover each tray loosely with lightly oiled clingfilm and allow to rise for an hour or so, until puffy and doubled in size.
- 7 Meanwhile, preheat the oven to 180C/350F/Gas 4.
- 8 Bake for 20–25 minutes, or until golden and firm. Cool on a wire rack then serve warm or at room temperature.

PER SERVING: 149 CALS, 8.3G FAT

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Chico's Cookery School

This month, London Vegetarian Cookery School owner **Chico Francesco** celebrates April with guest of honour asparagus

Asparagus is a vegetable we are all familiar with, and is readily available throughout the year in our supermarkets, along with many other vegetables which come from the southern hemisphere.

But April is the time to celebrate our own short season, and homegrown asparagus has a truly different flavour to its foreign cousins.

Cook it simply by either blanching, roasting, steaming or grilling it. And when it comes to flavour, just a drizzle of olive oil, a squeeze of lemon juice, a knob of butter or a little Hollandaise sauce is all you'll need to accompany this veg.

TAKE YOUR PICK...

In the UK, you'll most commonly find the green varieties, but when in season, you might be lucky enough to come across the purple neck varieties, which also make their debut in April.

Once cooked, they taste very similar. The white asparagus is commonly found in Europe spanning France through to Poland and North Italy. The taste, texture and density is different to the green, and it's often referred to as 'the royal vegetable'. Unlike the green, this needs to be lightly peeled. When the crop arrives, demand often outstrips supply in countries like Germany where freshness really counts and you'll frequently spy pick-your-own opportunities next to the high-speed German autobahn exits.



PASTA PRIMAVERA

1 Put a large saucepan of water on the cooker to boil. Once up to a rolling boil, add **100g linguine pasta** and cook according to packet instructions. Run under cold water, drain then set aside.



2 Cut **1 red onion** into thin slices lengthways. Slice **100g asparagus spears** 1cm thick diagonally (reserving the tips). Cut **1 medium-sized courgette** in half lengthways and then 1cm diagonally.



3 Heat a frying pan and add the prepared vegetables along with **30ml olive oil** and **1 tsp salt and pepper**. Sauté for a few minutes until softened and lightly browned.

4 Add the boiled pasta, **10g finely chopped parsley**, the **zest of 1/2 a lemon** and **30g hazelnuts and pinenuts**. Quickly mix well without overcooking the pasta. Serve with a light drizzle of **extra virgin olive oil** and **grated vegetarian Pecorino-style cheese**.

PER SERVING (1 LARGE SERVING): 1,138 CALS, 72.8G FAT



ILLUSTRATIONS BY

Chico Francesco is the owner of London Vegetarian Cookery School and is an expert in world cuisine. He trained in Tunisia, Italy, Bombay and Britain, gaining an unrivalled knowledge of Middle Eastern, North African, Southern European, Asian and Far Eastern foods. For more information on his courses, visit www.londonvegetarianschool.co.uk



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The Veggie Awards are the UK's biggest meat-free awards and are your chance to tell the industry just what you think of their foods, restaurants, cookbooks and much more.

This year, for the first time, half of the

categories will be voted for by you – our readers – and the other half will be decided by a select set of judges who include Cook Vegetarian favourites Rose Elliot and Tim Maddams, and TV chefs such as Simon Rimmer and Anjum Anand.

So, what are you waiting for? This is your chance to shape the food we eat, the meals we're served and the books we're provided with. Cast your vote and change the way we live today!

For all the latest news, follow Ocado and Cook Vegetarian on Twitter, @Ocado or @CookVeg, and keep your eye out for the #veggieawards hashtag.

T&CS: THE VOUCHER NEEDS TO BE REDEEMED IN FULL IN 2015.

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THE KING OF
PICKLES

THE WEEKEND PROJECT

Fermenting

Preserve your favourite veggies and enjoy fermenting at home with these must-have recipes

Fermenting, which is allowing ingredients like cabbage, cucumber, tea or yoghurt to sit and steep until their sugars become bacteria-boosting agents, is an ancient art that's seeing a revival on the trendy food circuits. But it's not the healthy probiotic properties that's got us interested – it's what they can add to your dinner! Virtually any vegetable, fruit or spice can be used, with delicious results. The flavours tend to be slightly sour and astringent, but balanced with a rich, almost creamy tone. What makes them really special is the moreish burst of umami flavour. Don't feel restricted to just sauerkraut (cabbage left in salt, it's incredible topped on a veggie sausage or layered into a giant sandwich), as there are a whole host of ways to use them, as Croatian chef Dunja Gulin explores in her new book *Fermented Food for Vitality & Health* (£11.99, Ryland, Peters and Small). We've picked our favourites for you to try out...

TURSHIYA (MIXED VEGETABLES IN BRINE)



Makes 7 lt bucket
Ready in 10 mins, plus 3-4 weeks fermenting time

1 small cauliflower
8 small carrots
4 small onions
4 green peppers
2 cucumbers
3 lt water
120g sea salt

You'll also need
3 lt pickle press
7 lt bucket

1 Wash the vegetables (do not scrub them too hard because this removes enzymes beneficial for fermentation) and remove any dark spots. Remove any leaves from the cauliflower and break it into fairly large florets. Leave the carrots whole or slice them lengthwise. Peel the onions and cut into quarters. Slice the peppers in

half lengthwise, remove the stem and seeds and cut each half again lengthwise into 2-3 slices. Cut the cucumbers into thick half-moons, with the skin on. Place all the vegetables into the bucket. In a separate bowl, whisk together the water and salt until dissolved. Pour over the vegetables.
2 Find a plate or lid that fits into the bucket and place over the vegetables to keep them submerged in the brine at all times. Cover with a clean tea towel and let sit at room temperature, but away from direct sunlight. The fermentation process will start in about two days with some foam forming on the surface of the liquid. Check the bucket every 2-3 days, remove any mould that might appear and continue fermenting. Depending on the room temperature the vegetables can be ready in 3-4 weeks, but in colder temperatures it can take up to two months. Be patient, check your bucket frequently and taste the vegetables from time to time to see how the flavour is developing. After they are sour to your taste, pack them in clean jars, cover in the brine and keep refrigerated.
PER SERVING: 417 CALS, 24.8 G FAT

TEMAKI ROLLS WITH FERMENTED SEED PÂTÉ



Makes 12
Ready in 30 mins, plus 4 days fermenting

For the pâté
240g pumpkin seeds
840ml water, for soaking
50ml olive oil
60ml water
1 garlic clove
½ tsp turmeric powder
1 tbsp nutritional yeast (optional)
3 tsp rice or barley miso
2 tsp lemon juice
½ tsp salt
freshly crushed black pepper

For the rolls
6 sheets of nori seaweed
2 medium carrots
280g sauerkraut
1 ripe avocado
3 spring onions
2 handfuls rocket

1 First make the pâté. Soak the pumpkin seeds in 840ml of water for 2-3 days without changing the water, until slightly fermented. Discard the soaking water and rinse them thoroughly under running water. Drain well. Place in a high-speed blender jug, together with the remaining ingredients. Blend until smooth. If you don't own a high-speed blender, the pâté will turn out chunkier, and more water will need to be added, resulting in a runnier consistency.
2 Let it sit in the fridge for another day; the flavours really develop in this final stage of setting. There will be some leftovers, but you can easily store this in the fridge and use it as a dip or as a spread within a week.
3 Wash and julienne the carrots. Peel the avocado, slice in half, discard the stone and cut both halves in strips. Wash the rocket or sprouts and pat dry. Take only the green parts of the spring onions, wash them well and cut into 10cm pieces. Cut each nori sheet in half with scissors.
4 Make sure your hands are dry before



“This vegan sushi is really easy to make. It’s a great choice for parties and best rolled at the table”

starting. Place a piece of nori (shiny side down) in the palm of your hand and add 1½ tablespoons of pumpkin seed pâté. Spread it gently on the left third of the nori sheet. Place your chosen fillings diagonally over the pâté. Do not overfill; a couple of carrot matchsticks, one slice of avocado, one tablespoon of sauerkraut and some greens are more than enough. Fold the bottom left corner of the nori over and begin rolling into a cone shape. Wet the edge with little water and seal. Continue until all nori is used. Serve the temaki rolls with more fermented vegetables, condiments, some soy sauce and leftover greens.

PER SERVING: 197 CALS, 16.5 G FAT

BEETROOT AND QUINOA SALAD



Serves 4

Ready in 40 mins, plus 2 days fermenting time

2 medium beetroot

½ tsp salt
170g quinoa
480ml water
480g sunflower seeds
1 tbsp umeboshi vinegar
1 small onion
4 tbsp fresh flat-leaf parsley, chopped
4 tbsp olive oil
freshly squeezed lemon juice or apple cider vinegar, to taste
salt and crushed black pepper, to taste

You’ll also need:

1 lt preserving jar

1 Wash, peel and finely grate the beetroot. Put in a bowl, add the salt and squeeze really well with your hands until the beetroot flesh starts sweating. Cover with a small plate that fits into the bowl, top with something heavy and allow to rest for 24 hours. If there isn’t enough juice to cover the beetroot, add just enough salted water to cover.

Before using the beetroot in this salad, drain off most of the pickle juice.

2 Put the quinoa in a sieve and rinse well under running water. Drain. Put the drained quinoa into the preserving jar covered with 480ml of water. Loosely

LET IT STEW

MANY FOODS ARE SURPRISINGLY EASY TO FERMENT. GIVE THESE CLASSIC RECIPES A GO...

DILL PICKLES: Place cucumbers in a sterilised jar with brine (equal parts vinegar and water) and add dill seeds and garlic cloves.

KOMBUCHA TEA: To make this deliciously tart and fizzy drink, add tea sweetened with sugar to a mother culture (a flat, jelly-like disc made up of bacteria and yeasts that you can buy online).

SAUERKRAUT: Toss shredded cabbage and salt together. Squeeze and knead it with your hands. Pack into a sterilised jar. Cover loosely and allow to sit at room temperature, undisturbed, for at least one month.

cover the jar with a lid or a muslin with a rubber band tied around it. Let the quinoa soak for 24 hours at room temperature.

3 Put both the quinoa and the soaking water in a saucepan, bring to a boil, add a few pinches of salt, lower the heat to its minimum setting, half-cover the saucepan and cook until the quinoa absorbs all the water. Remove from the heat and allow to cool. Meanwhile, rinse the sunflower seeds under running water and drain well. Put the seeds in a frying pan over a medium heat and dry-roast, stirring vigorously until the seeds start sizzling and turn golden brown. Pour into a clean bowl and, while still hot, pour over one tablespoon of umeboshi vinegar and stir until absorbed.

4 Finely chop the onion and the parsley. In a large glass mixing bowl, gently mix all the ingredients and season with olive oil, lemon juice or cider vinegar and salt and pepper. Garnish with more chopped parsley. Refrigerate shortly before serving.

PER SERVING: 417 CALS, 24.8G FAT

BOOKSHELF



Recipes taken from *Fermented Foods For Vitality & Health* by Dunja Gulin (£14.99, Peters & Small). Images by Toby Scott

ADD FETA
AND PEAR
FOR EXTRA
ZING



10 WAYS TO SUPER-CHARGE *your wellbeing*

Put a spring in your step with these veggie-friendly changes that will have a big impact on your health

1 FIX TUMMY TROUBLES

Giving your digestive system a helping hand is a great way to improve overall health as most of your immune tissue is located in your tummy. The best way to do this is to de-stress and watch what you eat. Medicinal chef Dale Pinnock, author of *Digestion, Eat Your Way To Better Health* (£14.99, Quadrille Publishing) champions onions as a simple way to boost your gut flora: "Onions are a great all-rounder for digestive health as they are a rich source of inulin, a potent probiotic that encourages the growth and flourishing of the gut flora."



2 Sisterly advice

Make these everyday changes from healthy eating gurus to the stars Hemsley + Hemsley and feel better immediately:

- ★ Start your day by drinking a glass of warm water with half a lemon squeezed in, then rinse your mouth out.
- ★ Before a shower, dry body brush for a minute every morning, using a soft bristle brush to boost and aid your circulation.
- ★ If you feel like a snack, try some nut butter on apple slices. If you get a food craving, check that you are hydrated. Drink something tangy or with bitter flavours, like ginger.

TIPS TAKEN FROM **HEMSLEY + HEMSLEY THE ART OF EATING WELL** (£25, Ebury Press)

4. A GOOD NIGHT'S SLEEP

GETTING ENOUGH SLEEP IS VITAL FOR BOLSTERING YOUR IMMUNE SYSTEM. IF YOU STRUGGLE TO DROP OFF, RELAXING YOUR MUSCLES CAN PREPARE YOU FOR SLEEP. ANXIETY EXPERT CHARLES LINDEN SAYS: "LYING DOWN, TAKE A DEEP, SLOW BREATH IN THROUGH YOUR NOSE AND, AT THE SAME TIME, SQUEEZE YOUR TOES TIGHTLY, THEN RELEASE. ON ANOTHER SLOW BREATH, CURL YOUR FOOT UP TOWARD YOUR KNEE, THEN RELEASE. BREATHE AGAIN, AND SO ON UNTIL YOU HAVE MOVED ALL THE WAY UP YOUR BODY, SQUEEZING AND RELEASING THE MUSCLES ONE BY ONE."

3 "Adding some slices of avocado to your salad can help reduce cholesterol levels"

*Study published in the *Journal of the American Heart Association*

SMINE & MELISSA
MSLEY

ACCORDING TO A STUDY PUBLISHED IN THE JOURNAL CIRCULATION

“FOR A HEALTHY HEART, MAKE PISTACHIOS YOUR MID-MORNING SNACK. RECENT RESEARCH SHOWS THEY CAN LOWER BLOOD PRESSURE**”



7 POP A PILL

Most of us veggies know the importance of getting adequate omega 3, and as non-vegetarian foods are the most common dietary source, what's a herbivore to do? Thankfully there are plenty of vegetarian ways to get this healthy fat into your diet: chia seeds, hemp seeds, seaweed, chickpeas and surprisingly cauliflower. You can also supplement with Flax Farm Linseed Oil Capsules, £12.75 for 120x1000 mg (www.flaxfarm.co.uk).



IF YOU WANT TO GIVE UP SUGAR BUT STILL INDULGE YOUR SWEET TOOTH, TRY OF THE EARTH SUPERFOODS YACON SYRUP, £16.49 FOR 450G (WWW.OTESUPERFOODS.COM). IT'S A RUNNY SYRUP THAT CAN BE ADDED TO SWEET RECIPES AND USED IN YOUR CUPPA.

5 Runner's high



If you've taken up jogging, we salute you! But what are the best meals and snacks to make sure your body is nourished? Janey and Bibi Rodgers of www.veggie-runners.com give us these top tips:

- ★ Nothing beats starchy carbs; Try a banana and jam sandwich.
- ★ Plan ahead and have protein-packed snacks ready after your run. Chia seed energy balls, or nut bars stop you reaching for junk when you're sweaty and starving.
- ★ Contrary to common misconceptions, getting enough protein as a veggie runner is easy. Load up on beans, quinoa and peanut butter and your muscles will thank you.

And, if you're looking for some super-comfy vegetarian trainers, try the Trail Legend trainers, £74.95 (www.vegetarian-shoes.co.uk). They have breathable mesh uppers, reinforced toes and wear-points, and are free from any animal by-products.

8 DON'T WASTE THE BEST BITS!

Many of your favourite fruit and vegetables have skins and leaves that are more colourful than the flesh – a sign they contain nutritious phytochemicals. Here's how to use what you'd normally compost: **MELON RIND** This is rich in an amino acid that improves circulation. Blend the rind with the flesh for a super delicious smoothie **BROCCOLI LEAVES** Use the green leaves as you would cabbage, and while you're there, don't forget to use the stems as a crudité for your hummus. They contain lots of health-giving vitamin A and fibre.

10 Think yourself healthy

Meditation forces us to slow down and be on the spot. This de-stresses the body and hey-presto – more vitality all round. Give this meditation from Zen master Thich Nhat Hanh a go and you'll notice a difference in no time. Close your eyes and sit comfortably. Breath in and say in your mind, "I am aware of my whole body". Breathing out, say: "I am aware of my whole body". Then say "I calm my body" and "I bring peace into my body", repeating and breathing as you go.



THE BRILLIANCE OF BARLEY

Have you been overlooking the health-boosting benefits of barley? G&G Vitamins reveals the goodness behind the protein-rich grain...

Barley has long been a staple of the health food scene, as it was first harvested by farmers thousands of years ago – some grain pros claim it was first farmed as early as 7,000 B.C! Research suggests that it was the favourite grain in Palestine, Asia Minor and Mesopotamia. Plus, Egyptians, Sumerians and Babylonians all used barley as a form of sustenance, and it was even used as a form of currency in many places due to its much sought-after qualities!

The most famous use of barley in history is its role in Ancient Rome. Gladiators in Rome's arenas used barley as a nutritional source of strength and stamina – they found the grain easy to grow and it offered a perfect combination of protein and nutrients. It has been claimed that a diet high in barley is what helped the Roman's phenomenal army trek extremely long distances. So keen joggers will be safe in the knowledge that barley has been trialled for thousands of years!

Vital protein for veggies

The brilliance of barley is that it contains the health-boosting enzyme Superoxide Dismutase, which can help fight dangerous free-radicals in your body. What's more, pre-sprouted barley is even better for you due to the high protein content.

Protein is made up of essential amino acids; 20 are standard amino acids that the body is able to generate itself, eight can not be made by the body and need to come via your diet – such as fitting G&G's Essential Food with pre-sprouted Aktivated Barley® into your daily routine.

Newly formed barley sprouts offer a great source of key nutrients, as it hasn't undergone the demands for sustenance that growth requires. That is why G&G's Essential Food with pre-sprouted Aktivated Barley® is so ideal as a source of nutrition for vegetarians. Pre-sprouted Aktivated Barley®, is harvested at the point of its highest nutritional value in a process that does not use heat. Those of us who keep a close eye on their eco-footprint will be happy to know that it's a 100% organic and free from chemicals – healthier for the family and the environment!

Boost your metabolism

If you feel like your metabolism isn't what it used to be, then pre-sprouted Aktivated Barley® may provide a much needed helping



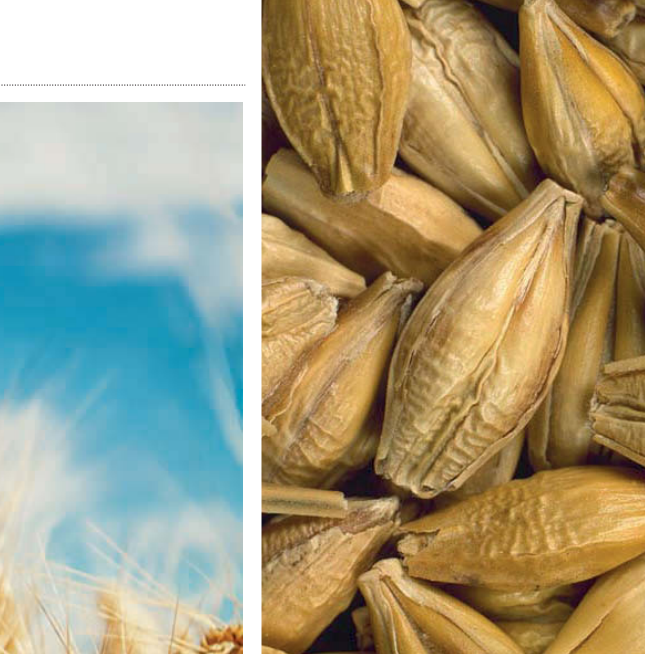
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OR CALL 01342 312811. 200G FOR £14.95.

CELEBRATING 50 YEARS OF QUALITY

G&G VITAMINS, A FAMILY OWNED, INDEPENDENT RETAILER AND MANUFACTURER OF FOOD SUPPLEMENTS IS ENTERING ITS 50TH YEAR.

Starting in 1965 in the front room of David and Sheila Gaiman's home in East Grinstead, G&G quickly expanded into a shop in East Grinstead's High Street and has continued to expand to its new, state of the art facilities, manufacturing not only its own brand such as the innovative Essential Food – which is supplied to over 50 countries throughout the world – but also manufacturing for some 200 other award-winning brands in the UK and Europe. Over the last five decades, G&G has grown from a cottage industry, into one of the largest independent makers of vitamin and mineral products in the UK. Never compromising on its ethos of quality is what makes G&G so different.

"Reaching our Golden Anniversary is a very proud moment for all of us here at G&G Vitamins," says Myles McEntyre, CEO of G&G.



hand. It has the ability to increase the metabolism within a very short period of ingestion, while its complex carb content offers a slow, sustained support system to energy levels.

Pre-sprouted Aktivated Barley® contains an abundance of helpful vitamins and a plethora of health-boosting minerals – so a little drop of Essential Food in the morning can set you up for the entire day!

Health and happiness

Pre-sprouted barley creates a better digestive environment for the body and can help facilitate a few of the conditions associated with excess acidity. Pre-sprouted barley is not just a great source of nourishment, it also has an added interest; its flavour. Unlike a lot of plant-derived vitamin sources, pre-sprouted Aktivated Barley® mixes well with liquid and works perfectly when added to

fruit juice or a delicious banana and orange smoothie.

Pre-sprouted Aktivated Barley® contained in Essential Food, opens new dietary possibilities and is great for both general health and if you're in need of a quick surge of recovery. Pre-sprouted Aktivated Barley® is a major breakthrough in dietary formulations and looks set to be a popular health ingredient by fitness obsessives this year.

Cook Vegetarian readers receive one free tub of Mega 2000 Multivitamin (RRP £16.34) with your order of Essential Food (200g – £14.95 or 600g - £40). Please use promo-code 'cookveg' online, or quote 'Cook Vegetarian' to a sales representative. T&Cs apply.

For more information visit www.gandgvitamins.com or telephone 01342 311 401

"Being a family owned and run company, we are passionate about our independence. We have a great team at G&G, with the focus and experience to move forward into a healthy future and the next 50 years!"

MYLES MCENTYRE, CEO OF G&G.

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COMMUNITY VALUES

When it comes to low prices and convenience, there's no denying that supermarkets are hard to beat. However, keeping your money in the local economy can lead to wider benefits like improved town centres and high streets, more local jobs and a much more personal shopping experience.



One strong supporter of local businesses and communities is ethical worker's cooperative Suma Wholefoods who supply healthy, Fairtrade and organic products to independent shops and delis across the UK. One example is Real Foods, which has two specialist vegetarian and organic shops in Edinburgh with long-standing links to the local community. Real Food's Marketing Manager Pip pointed out how this relationship is mutually beneficial, "Great local supplier and customer relationships help reduce food miles and provide better customer service than the supermarkets can. We do regular in-store events and since we know our customers and have flexibility in ordering, we can cater to what our customers are interested in trying."



Team up for Veggie Benefits

If you're not lucky enough to have great independent shops in your neighbourhood, food buying groups are a great way to get involved in your community and access top quality food at wholesale prices, delivered to your door by a friendly Suma Driver. You can set up a group with friends, neighbors, relatives or in a community group; all of whom can reduce their carbon footprint, cut packaging waste and even save money by clubbing together for their shopping.

Popular products with food groups include basics like dried fruits, big bags of pasta and tinned beans and pulses; essentials that are

always good to have in plentiful supply. There are loads of options for special diets too, like gluten-free flour, veggie sausages, tofu and vegan pesto. Teaming up with friends for your Suma shopping is a great excuse to mix-and-match ingredients and cook up a glorious veggie banquet! The eco-friendly cooperative also supplies a large range of cruelty-free body care and household products such as its own Ecolife cleaning range, made right here in the UK.

Keep it Local

Your friendly local independent shops offer a bright alternative to the major

supermarkets as you can search for the best fresh produce and receive a personal and tailored service. Keep an eye out for Suma's great value basics and speciality items, like organic cooperative pasta and its award-winning organic Yorkshire ales. These quality foods highlight why seeking alternatives to your local supermarket is a trick that you don't want to miss!

YOU CAN VIEW THE FULL RANGE OF SUMA PRODUCTS AND FIND OUT ABOUT SETTING UP YOUR OWN FOOD GROUP AT
WWW.SUMA.COOP/ORDER/FOOD-GROUPS



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Give your interiors a pop of colour with the vibrant new range of home accessories from ethical retailer Traidcraft. The Chicken Wire Cake Stand, £18, and the Hand Painted Ceramic Drawers, £28, will transform your abode and the profits from your purchases will go towards the wellbeing of the artisans making the goods in India. Visit www.traidcraftshop.co.uk



Keep it cool

Ideal to keep your vegetarian wine cool until your ready to refill, this Terracotta Owl Wine Cooler, £10, was produced by fairtrade initiative Jute Works. Available from www.notonthehighstreet.com



AMAZING GRACE!

ECO QUEEN JANEY LEE GRACE KNOWS EVERY GREEN TRICK GOING

"I scared myself when I realised just how many paper towels I was getting through! So if I'm just mopping up spills, I've started using fabric remnants instead. I'm guessing you have several old cotton T-shirts kicking around that aren't in good enough condition for the charity shop, so I'd suggest you re-purpose them as mop-up cloths. When you're done, pop them in the laundry or assign them to the compost!"

TO FIND OUT MORE ABOUT JANEY, VISIT WWW.IMPERFECTLYNATURAL.COM



3 OF THE BEST... *Natural beauty buys*



GENTLE HAIR DYE

Herbatint Light Ash Chestnut, £9.50, www.herbatint.co.uk or call 0800 5947 706



KIND WIPES

Natracare Cleansing Make-up Removal Wipes, £3.99. Available from Ocado



SOFT SUDS

Madara Cranberry and Juniper Hand and Body Soap, £6 www.mypure.co.uk

Dressed to chill

Whether you're a yoga enthusiast or just fancy milling around at home in comfort and style, the chic lounge wear from No Balls (www.noballs.co.uk) is the perfect attire for some serious relaxing. Every item is made using bamboo fibres which is eco-friendly and breathable, keeping you cool when you are warm and warm when you are cool! Prices start from £12.

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3 issues for just £6.00*

PLUS receive a bonus gift of an OXO 3-piece berry bowl & colander set and cherry pitter!



Rinsing and storing your berries couldn't be easier with OXO's new 3-piece berry bowl and colander set. Ideal for anyone with limited storage, the bowls nest together and the unusual elongated hole pattern on the colander ensures the delicate berries dry more efficiently. When it comes to preparing cherries, the die-cast zinc construction of OXO's cherry pitter removes the pits with ease, and soft, comfortable handles absorb pressure while you squeeze.

Cook Vegetarian is the UK's leading meat-free cookery magazine. Offering recipes, time-saving menu planners and family-friendly meal ideas for all occasions, it caters for those who enjoy eating veggie,

vegan, quick, seasonal or more indulgent food. Crammed with beautiful photography, inspirational advice and insightful celebrity chef interviews, it's your go-to publication for all things

3 EASY WAYS TO SUBSCRIBE...



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UP FOR GRABS

This month we're offering Tefal fruit blenders, handy vegetable growing kits, glorious OXO baking bundles and more!

WIN A POP-UP PLANTER KIT

You don't need a garden or allotment to grow delicious fresh vegetables and flavoursome herbs. Enter our competition to win one of five Veg Trug Pop-Up-Planter kits, worth over £50 each, courtesy of Suttons Seeds.

The planter kit creates a perfect plot for your veg, and the two living wall planters can be hung almost anywhere. Winners will also receive a selection of vegetable seeds to get their growing space started, making this prize ideal for any vegetarian who wants to make their dishes more tasty and fresh! Check out www.suttons.co.uk to find out more about the range, and visit our website for your chance to win.



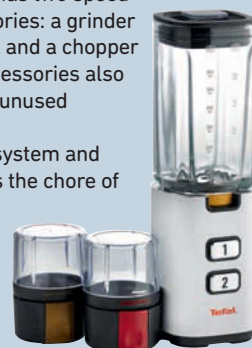
WORTH
£50!

WIN A TEFAL FRUIT BLENDER

Tefal is offering seven lucky readers the chance to win one of its new Fruit Sensation Blenders, worth £40. Creating delicious blends from smoothies to soup, it has two speed settings, and comes with two handy accessories: a grinder to crush anything from nuts to coffee beans, and a chopper that gently breaks down soft fruits. Both accessories also come with storage lids so you can keep any unused ingredients in the fridge.

This compact blender has an easy clean system and will go in the dishwasher – which eliminates the chore of washing up your juicer every day. It also comes with a recipe booklet to inspire you with refreshing and healthy ideas – although blending up a cheeky chocolate mousse would never be frowned upon!

Visit our website to enter and go to www.homeandcook.co.uk for more information.



WORTH
£40!

WIN LUXURY HARCH WOOD COOKING BOARDS

We're giving away five bunches of beautifully hand-crafted wooden chopping boards, courtesy of Harch Wood. Each bundle is made up of four dinky chopping boards, perfect for serving afternoon tea, appetisers or a sophisticated breakfast. Quirky and different, these boards are made from locally sourced Irish hardwood, with each individual board being carved from one entire piece of wood, avoiding splits or joins which can later cause warping. Designed and hand-crafted by Harch Wood Couture in County Tyrone, Northern Ireland, Harch Wood produces a variety of homeware to decorate your home with. Visit www.harchwoodcouture.com to learn more about the luxury kitchen and homeware brand.



WORTH
£45!

WIN AN OXO BAKING BUNDLE

To ensure that you bake up a treat this Easter, OXO has three sets of baking essentials to give away, worth over £100 each. Stir up your best

bakes in OXO's stainless steel mixing bowl, and whip up a treat with the vibrant coloured silicone whisk. If sweet pies tickle your taste buds, OXO's rolling pin makes life easier in the kitchen thanks to its non-stick surface, and OXO's silicone decorating bottle kit allows you to add icing and dispense easily to your bakes. Also up for grabs are OXO's cookie press, baker's dusting wand, seven-piece measuring spoon set and angled measuring jug. For more information, please visit www.oxouk.com or call 0114 242 7295. Go to our website to win this prize.



WORTH
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HOW TO ENTER... For your chance to win this month's fabulous prize draws get online today! www.cookveg.co.uk/giveaways

TERMS AND CONDITIONS

These prize draws are open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each prize draw cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be via our online entry page. It cannot be exchanged for cash, or replaced if lost or

damaged. Entries that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 10th April 2015. Winners will be notified by 24th of April, a list of winners will be available in writing on request from Andrea Turner, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY

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Our delicious crisp crunchy buckwheat breakfast cereal
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Gluten free breakfast just got a bit easier.



Simple...isn't it?

COOK VEGETARIAN PIPING HOT

Here you'll find an exciting selection of all the best veggie food, appliances and places to visit we've discovered this month



SWEET SAVIOUR

Most veggies can hold up their hands and admit that they get a touch of food envy when they see their non-veggie friends treating themselves to delicious looking marshmallows. Well, fret no more as Freedom Confectionery has come to save the day for mallow-deprived vegetarians, as its marshmallows are suitable for vegetarians, vegans and people with Halal and Kosher dietary requirements. They're

available in vanilla and strawberry flavour and are made with all natural flavours and colourings, and are especially ideal for baking and sprucing up your evening hot chocolate!

Available in miniature size 75g packs (£2.49) and also 1kg bags for the catering industry. Visit www.freedommallows.com for more information.

START YOUR DAY RIGHT

Bursting with goodness and taste, Eat Natural's new Toasted Muesli with Buckwheat is the ultimate in healthy breakfast treats.

Naturally gluten-free, this gorgeous blend of toasted buckwheat and crisped rice with raisins, mixed seeds, coconut, honey and a pinch of cinnamon is now available in a handy serving pouch – ideal for on-the-go eating and portion control. It's perfect for handbags, a gym bag or even your coat pocket on the way to work. Combine it with some delicious almond milk and you have the breakfast of champions.

A 65g single serve pouch costs just 75p and is available in Tesco stores. Visit www.crazy4flavour.co.uk



TRY SOMETHING NEW

Red Espresso is an antioxidant-rich coffee alternative that contains no caffeine, preservatives, colouring or additives and is made entirely from wild grown, hand-harvested South African Rooibos.

To create the convenient Nespresso compatible capsules, Rooibos tea has been refined to a consistency that allows it to be used in any manual or automatic coffee maker. The Red Espresso has slightly earthy undertones and it provides a full-bodied, rich and well-rounded taste. Its dark red colour and creamy effect gives it the appearance of an espresso coffee, perfect if you can't distance yourself from the trendy bistro look!

Pick up 10 Nespresso compatible capsules for £2.99 from www.creamsupplies.co.uk



A WORK OF ART

Nestled in the picturesque area of north Norfolk, Art Café serves delicious vegetarian food prepared from local ingredients with a regularly rotating menu. Enjoy indulgent cakes, scones, excellent locally roasted coffee and a range of speciality teas while soaking up the beautiful art adorning the walls. With a gallery, stunning countryside, a sunny courtyard and cosy stove for colder days, this is a great destination all year round. Art Café is open from 10am until 4pm every day and is the perfect haven for hungry veggies!

For more information, visit www.art-cafe.org



SUPER SAUSAGES

A tip of the hat to Original Meat Free Gourmet is almost compulsory due to the impressively succulent sausages that the wonderful company creates.

Ranging from Beetroot and Horseradish to Chestnut and Mushroom varieties, these aren't just meat substitutes, they're all made from fresh vegetables. Providing a quick short-cut to a hearty dinner, prepare them with some sweet potato mash and you've got a perfect mid-week meal!

Available for £3.79 from Holland and Barrett.



TRÈS BIEN!

La Maison du Vert is a vegetarian and vegan hotel located in the beautiful and historic Normandy countryside. The restaurant serves delicious and innovative dishes using home-grown produce, complemented by the hotel's organic wine, beer and cider selection.

If it's a relaxing time you're after, you can simply immerse yourself in the stunning landscaped gardens or explore the local villages, towns or the nearby D-day beaches. With three hotel rooms and a cottage, it is the perfect getaway for couples and families and was the proud winner of the Viva! Award for Best Hotel for Vegetarians and Vegans 2014.

For booking information, visit www.maisonduvert.com



FINE DINING

Situated on the edge of the Cumbrian Lake district in the gem town of Cockermouth, Quince and Medlar restaurant sits in the historic part of the town next to the Castle in a Grade II listed Georgian building.

This small intimate, evening eatery has long been renowned for its imaginative vegetarian cooking.

Dishes are created by the chef/owner Colin Le Voi with his wife Louisa who takes charge of the dessert menu.

Book your table today, by calling 01900 823579. For more information, visit www.quinceandmedlar.co.uk



LAKE DISTRICT DELIGHT

The English Lake District's breathtaking countryside has been the inspiration for many poets, and we can see why! This peaceful and idyllic region is the perfect place for a much needed retreat. And, you would be hard pressed to find a more veggie-friendly hotel than Yewfield, which is situated in the heart of the area. Yewfield offers a vegetarian bed and breakfast option, so there's no better (or healthier!) place to stay when you fancy enjoying the view of Lake Windermere and the other Lake District delights.

Visit www.yewfield.co.uk for booking prices



FEELING MELLOW

Farrington Oils' Mellow Yellow Rapeseed Oil celebrates its 10-year anniversary this year and the bottle has undergone a fabulous re-brand to celebrate.

The fresher design features the trademark yellow flowers that are a symbol of the health properties and the freshness of the fabulous oil. The vibrant yellow of the new bottle won't just brighten up your food, it'll light up the whole kitchen too. Of course, the taste is just as great!

Grab a 500ml bottle for £4.30 at Waitrose, Sainsbury's and Ocado.



STAY HEALTHY

Winter is a great time for using Extra Virgin Avocado Oil. It adds body to soups and stews, and is loaded with vitamin E, necessary to provide energy for winter sports and to keep the immune system boosted to avoid flus and runny noses. Try using it for roasting those winter root vegetables, for a golden and delicious treat.

The Extra Virgin Avocado Oil (250ml) costs just £4.30, while the Extra Virgin Fair Trade Organic Avocado Oil which supports over 10,000 Kenyan farmers and helps their families achieve a good life (250ml) is only £4.99.

Available from Sainsbury's, Waitrose, Booths, Wholefoods and selected speciality stores.



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The Bite-sized VEGETARIAN

This month, comedian **Lucy Porter** comes clean about her sugar addiction...

With the approach of Easter, my mind has been set on one thing – chocolate. To be honest, chocolate occupies my thoughts no matter what the season. I work from home and use sweets as a reward for completing tasks. The more arduous the job, the greater the indulgence I'm allowed at the end. So for writing a column like this, I will promise myself a fun-size Milky Way, for completing the laundry it's a full-sized Double Decker, and after filling in my tax return, I do a trolley dash down the confectionery aisle at Morrisons!

Chocs away!

I used to say 'I have a sweet tooth', now I have to admit I am a sugar addict. This has been a lifelong problem, and the really distressing thing is that I can't even blame my parents. I am the only one in my family with a sweet tooth. Growing up, the rest of my clan would snack on cheese, crisps and savoury fare, which I found baffling. When I realised my parents would put Marmite on their toast even when there was Nutella in the house I was convinced I must have been adopted.

My sister would get her Easter egg, have a tiny nibble and then put the rest in the cupboard to save for later. Meanwhile I would have scoffed all mine in five minutes. Sally would use her unwanted confectionery to barter with me, knowing that I was powerless to resist any demands in return for her excess egg. For a few weeks after Easter I would be constantly tidying her bedroom, watching what she wanted on TV and letting her squeeze my spots (is that weird?).

Selection inspection

At Christmas, while my classmates were

dreaming of a visit from Santa Claus, I was yearning for the Milk Tray man to drop by – I have always loved a selection box. When I was a teenager there was a TV programme called *You Bet!* in which members of the public completed challenges. I wanted to go on it to display my unique talent: I could identify any chocolate from a selection box without seeing any of the packaging. If you plonked an anonymous choc down in front of me I could tell you if it was the Turkish delight from a box of Milk Tray or the Country Fudge from Terry's All Gold. I could never understand why Matthew Kelly didn't get in touch and beg me to be on the show.

The first thing I ever remember 'cooking' was Easter Nests – basically just melted chocolate and cornflakes. I don't actually think I ever allowed them to solidify into nests, I just ate the mixture from the pan. Of course, now my tastes are much more sophisticated – I add salt to my pans full of chocolate.

One of the many reasons I love Nigella is because she invented the sweet and salty nut crunch bars. These essentially involve adding peanuts and mushed up Crunchie bars to melted chocolate. Like the Easter Nests these don't really involve actual cooking, although I do sometimes make my own Crunchie-style honeycomb just to show willing. If you've never tried this, do it immediately – the part where you stir in the bicarbonate of soda and it froths up is thrilling.

I keep hoping that age will cure me of my sugar addiction. I think I am getting slightly less obsessed with it as I get older. Maybe this year I'll finally save some of my Easter egg. All this writing about chocolate has made me feel a bit sick. I'm not sure I'll even be able to manage this fun-size Milky Way. Ooh, go on then.





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